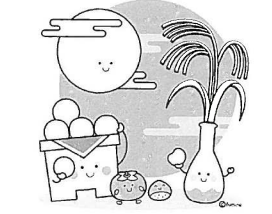


(小学校)

8・9月分予定献立表

令和元年度 都城学校給食センター

Main table with columns for course (A/B/C), date, menu name, ingredients, and nutritional information. Includes sub-tables for '調味料' (Seasonings) and '不使用マヨネーズ' (No Mayo).



お知らせ
まだまだ暑い日が続きます。水分補給をしっかりと熱中症に気をつけましょう。
9日(月)～13日(金)にミニトマトがつきます。しっかりと食べてみましょう!

今月の調味料
A list of monthly seasonings including soy sauce, mirin, sake, and various oils, with small illustrations of the products.

中華だし(の素)
A list of Chinese seasonings such as soybean paste, soybean oil, and various powders.

赤ワイン
A list of red wine seasonings including wine, vinegar, and various oils.

白ワイン
A list of white wine seasonings including wine, vinegar, and various oils.

ウスター(ソース)
A list of Worcestershire sauce seasonings including sauce, vinegar, and various oils.

(トマト)ケチャップ
A list of tomato ketchup seasonings including ketchup, vinegar, and various oils.

デミグラス(ソース)
A list of demi-glace seasonings including sauce, vinegar, and various oils.

オキソース(ソース)
A list of oki sauce seasonings including sauce, vinegar, and various oils.

和風だし(の素)
A list of Japanese dashi seasonings including dashi, vinegar, and various oils.

中蔵スープ(ストック)
A list of stock seasonings including stock, vinegar, and various oils.

焼きそばの素
A list of yakisoba seasoning mix seasonings including mix, vinegar, and various oils.

クリームポタージュ
A list of cream potato soup seasonings including soup, vinegar, and various oils.

カレー(フレーク)N
A list of curry (flake) seasonings including flake, vinegar, and various oils.

※Aコース、Bコース、Cコースの自校のコースを見て、当日の日付をたどりながら献立を見つけていきます。
学校名は次のとおりです。
Aコース…吉之元小、西岳小、五十市小、大王小、上長飯小、明道小、安久小
Bコース…川原小、梅北小、今町小、乙原小、沖水小、祝吉小
Cコース…庄内小、菓子野小、祝和一小、南小、小西小