



2023年11月 予定献立表



すずらん保育園

Table with columns for Date, Day, Meal Type, Breakfast Name, Main Food, Side Food, Afternoon Snack, and Food List. It details the menu for November 2023, including items like 中華麺, ハヤシライス, and 鮭のチャンチャン焼き.

Table with columns for Date, Day, Meal Type, Breakfast Name, Main Food, Side Food, Afternoon Snack, and Food List. It details the menu for November 2023, including items like 麻婆豆腐丼, ハヤシライス, and 鮭のチャンチャン焼き.

\*食材の入荷状況により変更する場合もございます。ご了承ください。

今月の平均給与栄養量

Table showing average nutritional intake for children aged 1-2 and 3-5, including energy (Kcal), protein (g), fat (g), carbohydrates (g), and salt equivalent (g).



11月旬の食材

List of seasonal ingredients for November, including 鮭, 鯖, かつお, かつおぶし, かつお節, etc.