



2024年3月 予定献立表



すずらん保育園

Table with columns for Date, Day, Meal Type, Main Dish, Side Dish, Post-Meal, and Ingredients. It lists the menu for each day from March 1st to 15th.

\*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 nutrition intake for children aged 1-2, 3-5 years, including energy, protein, fat, carbohydrates, and salt equivalents.



Table with columns for Date, Day, Meal Type, Main Dish, Side Dish, Post-Meal, and Ingredients. It lists the menu for each day from March 16th to 31st.

3月旬の食材

- List of seasonal ingredients for March: 鰯, しらす, ひじき, わかめ, かぶ, カリフラワー, キャベツ, 椎茸, 玉葱, 菜の花, ニラ, パセリ, ブロッコリー, 水菜, 三つ葉, いちご, オレンジ