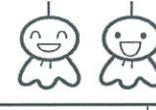




6月 給食献立カレンダー



令和5年度
水俣市学校給食センター

This image is a weekly menu calendar for the week of June 4th to 10th, focusing on dental and oral health. The layout is organized into four columns representing the days of the week: Monday (月), Tuesday (火), Wednesday (水), Thursday (木), Friday (金), Saturday (土), and Sunday (日). Each day features a central theme and several meal options. The central theme for the week is "Dental and Oral Health Week".

Key elements include:

- Top Left:** A cartoon character holding a toothbrush and a tooth.
- Top Center:** A speech bubble containing the text: "左にごはん・パン、右に大きいおかず、奥に小さいおかずをおきましょう。" (Place rice/bread on the left, large side dishes on the right, and small side dishes at the back).
- Top Right:** A box titled "かのじく" (Food Knowledge) with three sub-boxes:
 - 体(血・肉・骨)をつくるもとになる (たんぱく質・カルシウム)
 - エネルギーのもとになる (炭水化物・脂質)
 - かだらかの体の調子を整えるもとになる (ビタミン)
- Bottom Left:** A box titled "かのじく" (Food Knowledge) with three sub-boxes:
 - 牛乳 魚肉 チーズ いかチキンハム
 - 米 麦 ジャガイモ 白いんげん豆 砂糖 ごま ノンエッグマヨネーズ
 - 牛乳 いわしつみれ わかめ 豚肉
- Bottom Right:** A box titled "かのじく" (Food Knowledge) with three sub-boxes:
 - 牛乳 カブトムシ パン
 - 米 麦 ジャガイモ 白いんげん豆 砂糖 ごま ノンエッグマヨネーズ
 - 牛乳 いわしつみれ わかめ 豚肉
- Left Column (Monday to Friday):** Features five numbered boxes (5-9) showing meal combinations like "かみかみ歯びっしーサラダ" and "ごろごろカレー".
- Right Column (Monday to Friday):** Features five numbered boxes (10-14) showing meal combinations like "ホイコロー" and "お魚つみれスープ".
- Bottom Column (Monday to Friday):** Features five numbered boxes (15-19) showing meal combinations like "白身魚のチリソース炒め" and "中華卵スープ".
- Bottom Right Column (Monday to Friday):** Features five numbered boxes (20-24) showing meal combinations like "もやしのナムル" and "新じゃがの肉じゃが".
- Bottom Left Column (Saturday and Sunday):** Features two numbered boxes (25-26) showing meal combinations like "チジヤオロース" and "スヌーミー・ターン".
- Bottom Right Column (Saturday and Sunday):** Features two numbered boxes (27-28) showing meal combinations like "パンパンジー・サラダ" and "ミルクパン".
- Bottom Center Column (Saturday and Sunday):** Features two numbered boxes (29-30) showing meal combinations like "ふるさとくまさんデー①" and "ふるさとくまさんデー②".
- Bottom Left Box (Saturday and Sunday):** A box titled "かのじく" (Food Knowledge) with three sub-boxes:
 - 牛乳 卵 鶏肉 豚肉
 - 米 麦 でんぶん ごま油 砂糖
 - 牛乳 卵 鶏肉 豚肉
- Bottom Right Box (Saturday and Sunday):** A box titled "かのじく" (Food Knowledge) with three sub-boxes:
 - 牛乳 ベーコン 牛肉 豚肉 大豆 ツナ
 - 牛乳 ベーコン 生クリーム いか 鶏肉
 - 牛乳 ベーコン マッシュルーム ブロッコリー