

5
鉄分献立

魚介類を使った献立

献立名

麦ごはん・牛乳・豚肉とたまねぎのしょうが炒め
ほうれん草とあさりのマヨネーズあえ・かきたま汁



5
鉄分献立

魚介類を使った献立	献立名	ごはん・牛乳・いさざのアーモンドがらめ 小松菜のおひたし・かしのじゅんじゅん
 <p>The image shows a light green rectangular tray with four white bowls and a small carton of milk. The top-left bowl contains a mixture of dark green leafy vegetables (likely small chrysanthemum leaves) and a dark, saucy fish-based dish. The bottom-left bowl is filled with white rice. The bottom-right bowl contains a vegetable stir-fry with dark green leafy vegetables and orange carrots. The top-right bowl contains a small carton of milk with a blue and white label.</p>		