

# 2025年9月 献立表

## いがっこ給食センター夢

This image is a composite of several school meal menus from September, likely from a Japanese elementary school. It includes meal descriptions, nutritional data, and various educational and promotional elements.

**月 (Top Left):** Features a cartoon character and text about fire prevention (9月1日は「防災の日」です。約100年前の1923年9月1日に、関東大震災という大きな地震がありました。災害はいつどこで起るか分かりません。家族や周りの人とも防災について話したり考えたりし、必要な備えをしておきましょう。普段から日持ちのする食べなれた食品や水などをローリングストックしておくと安心です。)

**火 (Top Middle):** Includes meals like '中華コーンサラダ' (Chinese Corn Salad) and '麻婆どんぶり' (Mapo Donburi), with nutritional values (e.g., 707 kcal, 27.3g protein, 20.8g fat).

**水 (Top Middle):** Includes meals like 'ポテトサラダ' (Potato Salad) and '白菜のみぞ汁' (Kale Miso Soup), with nutritional values (e.g., 723 kcal, 24.9g protein, 18.1g fat).

**木 (Top Middle):** Includes meals like '白鳳梨' (White Phoenix Pear) and '伊賀産豚キムチ' (Iga Pork Kimchi), with nutritional values (e.g., 740 kcal, 27.7g protein, 23.9g fat).

**5 (Top Right):** Features 'チリコンカン' (Chili Con Carne) and 'ツナサラダ' (Tuna Salad), with nutritional values (e.g., 765 kcal, 35.2g protein, 24.6g fat).

**8 (Second Row Left):** Features 'うどん汁' (Udon Soup) and '青じそドレッシングサラダ' (Sesame Dressing Salad), with nutritional values (e.g., 715 kcal, 26.6g protein, 17.8g fat).

**9 (Second Row Middle):** Features 'シャインマスカット' (Shine Muscat) and '青のりのポテト' (Seaweed Potato), with nutritional values (e.g., 791 kcal, 27.4g protein, 27.7g fat).

**10 (Second Row Middle):** Features 'もやしのごま和え' (Mung Bean Sprout and Sesame Dressing) and 'うずら卵入り白ご飯' (Uzura Egg and White Rice), with nutritional values (e.g., 707 kcal, 24.9g protein, 21.0g fat).

**11 (Second Row Right):** Features 'トマトのマリグリーン酸' (Tomato Marigreen Acid) and 'もずくスープ' (Mozuku Soup), with nutritional values (e.g., 723 kcal, 27.9g protein, 22.8g fat).

**12 (Second Row Right):** Features 'ほうれん草のごま和え' (Bitter Melon and Sesame Dressing) and 'カレー肉じゃが' (Curry Meat Potato), with nutritional values (e.g., 711 kcal, 26.8g protein, 17.2g fat).

**16 (Third Row Left):** Features '手巻きのり' (Hand卷きのり) and 'セルフツナマヨ巻き' (Self-Tuna Mayo Wrap), with nutritional values (e.g., 782 kcal, 26.8g protein, 28.8g fat).

**17 (Third Row Middle):** Features '減量白ご飯' (Reduced White Rice) and 'ツナマヨ' (Tuna Mayo), with nutritional values (e.g., 751 kcal, 29.6g protein, 23.1g fat).

**18 (Third Row Right):** Features 'ひじきは、大豆製品と一緒に摂取することで、消化・吸収の働きを良くします。ひじきの炒り煮には、大豆や油あがけが入っています。' (Hijiki is good for digestion when consumed with soy products. It contains oil agar), with nutritional values (e.g., 714 kcal, 31.2g protein, 20.7g fat).

**19 (Third Row Right):** Features 'ケチャップ' (Ketchup) and 'カレーキャベツ' (Curry Cabbage), with nutritional values (e.g., 799 kcal, 28.7g protein, 32.8g fat).

**その日のメニュー (盛り付け図) (Fourth Row Left):** Shows a variety of meals including '焼きそば' (Soba), '手巻きのり' (Hand卷きのり), 'セルフツナマヨ巻き' (Self-Tuna Mayo Wrap), '減量白ご飯' (Reduced White Rice), and 'ツナマヨ' (Tuna Mayo).

**22 (Fourth Row Middle):** Features '地鷹尾を使った結食' (Meal using a special spoon) and 'いがスマイル給食' (Iga Smile Meal), with nutritional values (e.g., 734 kcal, 21.1g protein, 26.5g fat).

**24 (Fourth Row Middle):** Features '（ ）は使用食材です。' (The following are ingredients), with nutritional values (e.g., 771 kcal, 27.0g protein, 29.8g fat).

**25 (Fourth Row Right):** Features 'さんひらは、江戸時代に流行した人形淨瑠璃で有名な「坂田金平」(さかだの きんひら)の名から由来していると言われています。' (Sanbihira got its name from the famous 'Sakata Kinko' (坂田金平) of the Edo period), with nutritional values (e.g., 734 kcal, 23.2g protein, 17.9g fat).

**29 (Fourth Row Right):** Features '伊賀牛は「肉の横綱」と呼ばれ、鮮やかな肉色、香りとコク、とろけるような柔らかさが特徴です。' (Iga Beef is called 'Meat's横綱' and is known for its fresh meat color, fragrance, and melt-in-your-mouth tenderness), with nutritional values (e.g., 702 kcal, 25.0g protein, 17.3g fat).

**30 (Fifth Row Left):** Features '伊賀牛と厚揚げのみぞ炒め' (Iga Beef and Thick-fried Miso Stir-fry) and '伊賀産シャインマスカット' (Iga Shine Muscat), with nutritional values (e.g., 747 kcal, 31.9g protein, 21.8g fat).

**31 (Fifth Row Middle):** Features 'キヤウドのゆかり和え' (Kiyauido's Yurakari Salad) and 'ウスターのフライ' (Worcester's Fry), with nutritional values (e.g., 747 kcal, 31.9g protein, 21.8g fat).

**32 (Fifth Row Right):** Features '成長期と貧血' (Growth and Anemia), 'どんな症状があるの?' (What are the symptoms?), and '成長期の皆さんは、身体が大きくなるにつれて必要な血液の量も増えます。男女ともに食生活に気をつけて貧血を予防しましょう。' (During growth, the body grows larger, so the amount of blood needed increases. Both boys and girls should pay attention to their diet to prevent anemia), with nutritional values (e.g., 771 kcal, 27.1g protein, 27.3g fat).

**33 (Bottom Left):** Features 'チキンのごま和え' (Chicken and Sesame Dressing) and '小魚のふりかけ' (Dried Small Fish), with nutritional values (e.g., 702 kcal, 25.0g protein, 17.3g fat).

**34 (Bottom Middle):** Features '伊賀牛とじゃがいものうま煮' (Iga Beef and Potato Stew) and 'チキンのごま和え' (Chicken and Sesame Dressing), with nutritional values (e.g., 747 kcal, 31.9g protein, 21.8g fat).

**35 (Bottom Right):** Features '鉄とビタミンCをしっかりとろう!' (Get enough Iron and Vitamin C!), 'スポーツをする人はとくに注意!' (Sports enthusiasts should pay attention!), and 'たんぱく質も忘れずに!' (Don't forget protein!), with nutritional values (e.g., 771 kcal, 27.1g protein, 27.3g fat).

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