

4日(金)

| 献立名                               | 食品名             |     | 一人当たり<br>正味分量 | 献立名                                               | 食品名              |              |      | 献立名                                                   | 食品名             |  |      |
|-----------------------------------|-----------------|-----|---------------|---------------------------------------------------|------------------|--------------|------|-------------------------------------------------------|-----------------|--|------|
| たこめし（麦入り）<br>牛乳<br>ごまあえ<br>白玉だんご汁 | 精白米(自校)         |     | 60            | コッペパン<br>牛乳<br>たちうおのレモンソースかけ<br>ひじきサラダ<br>マカロニスープ | コッペパン(丸型)        |              | 50   | ごはん<br>牛乳<br>なす入りマーボー豆腐<br>もやしのサラダ<br>小魚入りアーモンド（小中のみ） | 精白米(委託・白)       |  | 70   |
|                                   | 米粒麦 自校          |     | 5             |                                                   | コッペパン(丸型)        |              | 50   |                                                       | 精白米(委託・白)       |  | 80   |
|                                   | 鉄強化米            |     | 0.5           |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   | (冷)たこ(2×1.5cm)  |     | 12            |                                                   | 牛乳               |              | 206  |                                                       | 牛乳              |  | 206  |
|                                   | 生姜              |     | 1             |                                                   |                  |              |      |                                                       | 豆腐              |  | 70   |
|                                   | 油揚げ             |     | 7             |                                                   | (冷)太刀魚でんぶん付き     |              | 45   |                                                       | 豚肉並ミンチ          |  | 18   |
|                                   | 洗いごぼう           |     | 7             |                                                   | なたね油             |              | 5    |                                                       | 清酒              |  | 2    |
|                                   | 人参              |     | 5             |                                                   | (冷)レモン果汁 県産・500g |              | 4    |                                                       | 玉葱              |  | 35   |
|                                   | (冷)むき枝豆 1kg     |     | 5             |                                                   | 上白糖              |              | 3    |                                                       | なす              |  | 18   |
|                                   | サラダ油            |     | 1             |                                                   | しょうゆ             |              | 2.2  |                                                       | サラダ油            |  | 1.5  |
|                                   | しょうゆ            |     | 3             |                                                   | 水                |              | 1.5  |                                                       | 人参              |  | 10   |
|                                   | 清酒              |     | 2             |                                                   |                  |              |      |                                                       | たけのこ水煮(ホール)     |  | 10   |
|                                   | 上白糖             |     | 1             |                                                   | キャベツ             |              | 25   |                                                       | 中ねぎ             |  | 5    |
|                                   | 食塩              |     | 0.1           |                                                   | きゅうり             |              | 20   |                                                       | 生姜              |  | 1    |
|                                   | 出し昆布            |     | 0.8           |                                                   | (缶)ホールコーン        |              | 5    |                                                       | にんにく            |  | 0.8  |
|                                   |                 |     |               |                                                   | (乾)ひじき           |              | 0.8  |                                                       | 干しいたけ(スライス)     |  | 0.8  |
|                                   |                 |     |               |                                                   | (個)香味玉ねぎドレッシング   |              | 10   |                                                       | ごま油             |  | 1    |
|                                   | 牛乳              |     | 206           |                                                   |                  |              |      |                                                       | (袋)トマトケチャップ 1kg |  | 7    |
|                                   |                 |     |               |                                                   | ベーコン(短冊)         |              | 5    |                                                       | しょうゆ            |  | 3.2  |
|                                   | もやし             |     | 25            |                                                   | 玉葱               |              | 30   |                                                       | 赤みそ             |  | 2    |
|                                   | 小松菜             |     | 20            |                                                   | キャベツ             |              | 25   |                                                       | チキンコンソメ         |  | 0.5  |
|                                   | キャベツ            |     | 15            |                                                   | 人参               |              | 8    |                                                       | 三温糖             |  | 0.5  |
|                                   | 炒り白ごま           |     | 1             |                                                   | マカロニ(シエル)        |              | 7    |                                                       | 食塩              |  | 0.15 |
|                                   | (個)ゆずかつおドレッシング  |     | 10            |                                                   | セロリ              |              | 5    |                                                       | 豆板醤             |  | 0.03 |
|                                   |                 |     |               |                                                   | サラダ油             |              | 0.5  |                                                       | でんぶん            |  | 1    |
|                                   | 油揚げ             |     | 7             |                                                   | (袋)がらスープ 1kg     |              | 4    |                                                       | 湯               |  | 20   |
|                                   | かまぼこスライス 冷蔵 1kg |     | 6             |                                                   | チキンコンソメ          |              | 0.4  |                                                       |                 |  |      |
|                                   | (冷)白玉           |     | 30            |                                                   | 食塩               |              | 0.4  |                                                       | もやし             |  | 40   |
|                                   | 玉葱              |     | 25            |                                                   | こしょう             |              | 0.03 |                                                       | 小松菜             |  | 20   |
|                                   | 人参              |     | 10            |                                                   | 湯                |              | 110  |                                                       | 人参              |  | 10   |
| 中ねぎ                               |                 | 5   |               |                                                   |                  | (個)棒々鶏ドレッシング |      | 10                                                    |                 |  |      |
| 中みそ                               |                 | 5.5 |               |                                                   |                  |              |      |                                                       |                 |  |      |
| 甘みそ                               |                 | 5   |               |                                                   |                  |              |      |                                                       |                 |  |      |
| 煮干し だし用                           |                 | 4   |               |                                                   |                  |              |      |                                                       |                 |  |      |
| 水                                 |                 | 100 |               |                                                   |                  | (個)小魚入りアーモンド |      | 8                                                     |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   |                  |              |      |                                                       |                 |  |      |
|                                   |                 |     |               |                                                   | </               |              |      |                                                       |                 |  |      |

| 7日(月)              |                |  |              | 8日(火)          |                    |     |              | 9日(水)     |                |             |                    | 10日(木)            |                     |      |              | 11日(金)          |                  |                 |              |
|--------------------|----------------|--|--------------|----------------|--------------------|-----|--------------|-----------|----------------|-------------|--------------------|-------------------|---------------------|------|--------------|-----------------|------------------|-----------------|--------------|
| 献立名                | 食品名            |  | 一人当り<br>正味分量 | 献立名            | 食品名                |     | 一人当り<br>正味分量 | 献立名       | 食品名            |             | 一人当り<br>正味分量       | 献立名               | 食品名                 |      | 一人当り<br>正味分量 | 献立名             | 食品名              |                 | 一人当り<br>正味分量 |
| ごはん                | 精白米(委託・白)      |  | 70           | 全粒粉パン          | 全粒粉パン 丸型           |     | 50           | ごはん       | 精白米(委託・白)      |             | 70                 | カレーピラフ<br>(麦入り)   | 精白米(自校)             |      | 60           | ビビンバ            | 精白米(委託・白)        |                 | 70           |
|                    | 精白米(委託・白)      |  | 80           |                | 全粒粉パン 丸型           |     | 50           |           | 精白米(委託・白)      |             | 80                 |                   | 米粒麦 自校              |      | 5            |                 | 精白米(委託・白)        |                 | 80           |
| しじみのつくだ煮<br>(小中のみ) |                |  |              |                |                    |     |              | 牛乳        |                |             |                    | 牛乳                | 鉄強化米                |      | 0.5          | 牛乳              |                  |                 |              |
|                    | (レト)しじみ佃煮      |  | 10           | 牛乳             |                    | 206 | 牛乳           |           |                | 206         | (冷)鶏肉 胸・皮なし(1×1cm) |                   |                     | 12   | 牛乳           |                 |                  | 206             |              |
| きびなごのかりかりフライ       |                |  |              | 牛乳             | 豚肉並ミンチ             |     | 25           | ホイコーロー    | 豚肉並(3×3cmスライス) |             | 40                 | 牛乳                | (冷)鶏肉 もも・皮なし(1×1cm) |      | 8            | ダイシモチ麦のサムゲタンスープ |                  |                 |              |
|                    | 牛乳             |  | 206          |                | (冷)白いんげん豆 1kg      |     | 25           |           | しょうゆ           |             | 1                  |                   | 白ぶどう酒               |      | 1            |                 | 牛肉(3×2cmスライス)    |                 | 35           |
| 短ざくあえ              | (冷)きびなごかりかりフライ |  | 30           | チリビーンズ         | (冷)金時豆 1kg         |     | 15           | ビーフンスープ   | 清酒             |             | 1                  | うずらたまごとチンゲンサイのスープ | 玉葱                  |      | 10           |                 | しょうゆ             |                 | 2.5          |
|                    | なたね油           |  | 3            |                | 玉葱                 |     | 25           |           | キャベツ           |             | 40                 |                   | 人参                  |      | 5            |                 | 三温糖              |                 | 1.3          |
| そうめん汁              |                |  |              | パリパリポテトサラダ     | (袋)トマト水煮 1kg       |     | 7            | チーズ(小中のみ) | 玉葱             |             | 35                 |                   | (冷)むき枝豆 1kg         |      | 5            |                 | 清酒               |                 | 1            |
|                    | キャベツ           |  | 25           |                | にんにく               |     | 0.3          |           | にんにく           |             | 15                 |                   | サラダ油                |      | 1            |                 | にんにく             |                 | 1.5          |
|                    | (缶)ホールコーン      |  | 7            | メイプルマフィン(小中のみ) | サラダ油               |     | 1            |           | たけのこ水煮(ホール)    |             | 15                 |                   | カレー粉                |      | 0.7          |                 | 中ねぎ              |                 | 1            |
|                    | オクラ            |  | 5            |                | (袋)トマケチャップ 1kg     |     | 4            |           | 人参             |             | 10                 |                   | ウスターソース             |      | 0.7          |                 | ごま油              |                 | 1            |
|                    | 人参             |  | 5            |                | 中双糖                |     | 0.6          |           | ピーマン           |             | 8                  |                   | 食塩                  |      | 0.65         |                 | 炒り白ごま            |                 | 2            |
|                    | (乾)かんぴょう(2cm)  |  | 2.5          |                | ウスターソース            |     | 0.6          |           | 生姜             |             | 1                  |                   | こしょう                |      | 0.03         |                 | 一味               |                 | 0.01         |
|                    | (個)青じそドレッシング   |  | 8            |                | 赤ぶどう酒              |     | 0.5          |           | にんにく           |             | 0.5                |                   | チキンコンソメ             |      | 0.4          |                 | もやし              |                 | 40           |
|                    |                |  |              |                | チキンコンソメ            |     | 0.3          |           | サラダ油           |             | 1.5                |                   |                     |      | 牛乳           |                 |                  | 206             | 小松菜          |
|                    |                |  |              |                | 食塩                 |     | 0.15         |           | 赤みそ            |             | 2                  |                   |                     |      |              |                 | 人参               |                 | 10           |
|                    | 型抜きかまぼこ(星)     |  | 8            |                | チリパウダー             |     | 0.03         |           | しょうゆ           |             | 1                  |                   | (生)かぼちゃ(2×2cm)      |      | 50           |                 | (個)韓国ナムルドレッシング   |                 | 10           |
|                    | 油揚げ            |  | 8            |                | 湯                  |     | 8            |           | 清酒             |             | 1                  |                   | 人参                  |      | 10           |                 |                  |                 |              |
|                    | 玉葱             |  | 25           |                |                    |     |              |           |                | 上白糖         |                    |                   | 0.7                 | 人參   |              |                 | 10               | 鶏肉 胸・皮なし(2×1cm) |              |
|                    | 人参             |  | 10           |                | (冷)皮つきフライドポテト(細切り) |     | 25           |           | 豆板醤            |             | 0.05               |                   | (缶)ホールコーン           |      | 7            |                 | 鶏肉 もも・皮なし(2×1cm) |                 | 4            |
|                    | 中ねぎ            |  | 5            |                | なたね油               |     | 3            |           | ごま油            |             | 0.5                |                   | ゆで塩                 |      | 0.5          |                 | (個)マヨネーズ         | 中のみ             | 8            |
|                    | 乾)そうめん         |  | 6            |                | キャベツ               |     | 25           |           | ボンレスハム(短冊)卵抜き  |             | 7                  |                   |                     |      |              |                 | 玉葱               |                 | 30           |
|                    | しょうゆ           |  | 0.4          |                | きゅうり               |     | 25           |           | 玉葱             |             | 15                 |                   | ベーコン(短冊)            |      | 7            |                 | (レト)うずら卵1kg      |                 | 25           |
|                    | 食塩             |  | 0.3          |                | 人参                 |     | 7            |           | 人参             |             | 10                 |                   | (レト)うずら卵1kg         |      | 25           |                 | 中ねぎ              |                 | 5            |
|                    | 削り節 だし用        |  | 3.5          |                | (個)香味玉ねぎドレッシング     |     | 10           |           | 中ねぎ            |             | 5                  |                   | 玉葱                  |      | 25           |                 | 玉葱               |                 | 25           |
|                    | 出し昆布           |  | 0.8          |                | (個)メーブルマフィン        |     | 25           |           | ビーフン           |             | 6                  |                   | チンゲンサイ              |      | 15           |                 | 生姜               |                 | 0.5          |
|                    | 水              |  | 120          |                |                    |     |              |           |                | 干しいたけ(スライス) |                    |                   | 0.5                 | 人参   |              |                 | 8                | にんにく            |              |
|                    |                |  |              |                |                    |     |              |           | (袋)がらスープ 1kg   |             | 4                  |                   | セロリ                 |      | 2            |                 | サラダ油             |                 | 0.5          |
|                    | (個)七タゼリー       |  | 50           |                |                    |     |              |           |                | しょうゆ        |                    |                   | 0.5                 | サラダ油 |              |                 | 1                | (袋)がらスープ 1kg    |              |
|                    |                |  |              |                |                    |     |              |           | しょうゆ           |             | 0.5                |                   | (袋)がらスープ 1kg        |      | 4            |                 | 食塩               |                 | 0.5          |
|                    |                |  |              |                |                    |     |              |           |                | 食塩          |                    |                   | 0.5                 | しょうゆ |              |                 | 0.5              | しょうゆ            |              |
|                    |                |  |              |                |                    |     |              |           | こしょう           |             | 0.03               |                   | 食塩                  |      | 0.4          |                 | チキンコンソメ          |                 | 0.5          |
|                    |                |  |              |                |                    |     |              |           |                | チキンコンソメ     |                    |                   | 0.3                 | こしょう |              |                 | 0.03             | ごま油             |              |
|                    |                |  |              |                |                    |     |              |           | ごま油            |             | 0.1                |                   | チキンコンソメ             |      | 0.3          |                 | 湯                |                 | 120          |
|                    |                |  |              |                |                    |     |              |           |                | 湯           |                    |                   | 130                 |      | 湯            |                 |                  | 100             |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                | (個)チーズ 鉄強化  |                    |                   | 13.5                |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |
|                    |                |  |              |                |                    |     |              |           |                |             |                    |                   |                     |      |              |                 |                  |                 |              |

| 14日(月)                                                                                                                                              |                        |  |              | 15日(火)                                                                                                                               |            |     |              | 16日(水)                                                                                                                                                                                                           |                         |  |              | 17日(木)                                                                                                                                                            |                |  |              | 18日(金)                                                                                                                                                             |                       |     |              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--|--------------|--------------------------------------------------------------------------------------------------------------------------------------|------------|-----|--------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----|--------------|
| 献立名                                                                                                                                                 | 食品名                    |  | 一人当り<br>正味分量 | 献立名                                                                                                                                  | 食品名        |     | 一人当り<br>正味分量 | 献立名                                                                                                                                                                                                              | 食品名                     |  | 一人当り<br>正味分量 | 献立名                                                                                                                                                               | 食品名            |  | 一人当り<br>正味分量 | 献立名                                                                                                                                                                | 食品名                   |     | 一人当り<br>正味分量 |
| コッ<br>ペ<br>パ<br>ン<br><br>牛<br>乳<br><br>ラ<br>タ<br>ト<br>ウ<br>イ<br>ユ<br><br>ビ<br>ー<br>ン<br>ズ<br>サ<br>ラ<br>ダ<br><br>み<br>か<br>ん<br>ゼ<br>リ<br>ー<br>(中のみ) | コッペパン                  |  | 50           | ご<br>は<br>ん<br><br>牛<br>乳<br><br>あ<br>じ<br>フ<br>ラ<br>イ<br><br>ゆ<br>で<br>野<br>菜<br><br>な<br>す<br>と<br>つ<br>く<br>ね<br>の<br>み<br>そ<br>汁 | 精白米(委託・白)  |     | 70           | と<br>う<br>も<br>ろ<br>こ<br>し<br>ご<br>は<br>ん<br><br>牛<br>乳<br><br>あ<br>つ<br>あ<br>げ<br>と<br>ひ<br>じ<br>き<br>の<br>う<br>ま<br>煮<br><br>ア<br>ス<br>バ<br>ラ<br>ガ<br>ス<br>の<br>ご<br>ま<br>ド<br>レ<br>ッ<br>シ<br>ン<br>グ<br>あ<br>え | 精白米(自校)                 |  | 68           | 夏<br>野<br>菜<br>カ<br>レ<br>ー<br>ラ<br>イ<br>ス<br><br>牛<br>乳<br><br>海<br>そ<br>う<br>サ<br>ラ<br>ダ<br><br>小<br>に<br>ぼ<br>し<br>(小中のみ)<br><br>ヨ<br>ー<br>グ<br>ル<br>ト<br>(中のみ) | 精白米(委託・白)      |  | 70           | セ<br>ル<br>フ<br>照<br>り<br>焼<br>き<br>バ<br>ー<br>ガ<br>ー<br><br>牛<br>乳<br><br>マ<br>カ<br>ロ<br>ニ<br>入<br>リ<br>ト<br>マ<br>ト<br>の<br>ス<br>ー<br>プ<br><br>チ<br>ー<br>ズ<br>(中のみ) | コッペパン(丸型)             |     | 50           |
|                                                                                                                                                     | コッペパン                  |  | 50           |                                                                                                                                      | 精白米(委託・白)  |     | 80           |                                                                                                                                                                                                                  | 精白米(自校)                 |  | 75           |                                                                                                                                                                   | 精白米(委託・白)      |  | 80           |                                                                                                                                                                    | コッペパン(丸型)             |     | 50           |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | 鉄強化米                    |  | 0.5          |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     | 牛乳                     |  | 206          |                                                                                                                                      | 牛乳         |     | 206          |                                                                                                                                                                                                                  | (缶)ホールコーン               |  | 16           |                                                                                                                                                                   | 牛乳             |  | 206          |                                                                                                                                                                    | 牛乳                    |     | 206          |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | 清酒                      |  | 1.5          |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     | 鶏肉 胸・皮なし(2×2cm)(香川県産)  |  | 12           |                                                                                                                                      | (冷)あじ開きフライ | 幼・小 | 40           |                                                                                                                                                                                                                  | 食塩                      |  | 0.8          |                                                                                                                                                                   | 豚肉並(2×3cmスライス) |  | 20           |                                                                                                                                                                    | (冷)ハンバーグ ポイル用・鉄分強化・減塩 | 幼・小 | 60           |
|                                                                                                                                                     | 鶏肉 もも・皮なし(2×2cm)(香川県産) |  | 8            |                                                                                                                                      | (冷)あじ開きフライ | 中   | 50           |                                                                                                                                                                                                                  | 出し昆布                    |  | 1            |                                                                                                                                                                   | 玉葱             |  | 40           |                                                                                                                                                                    | (冷)ハンバーグ ポイル用・鉄分強化・減塩 | 中   | 80           |
|                                                                                                                                                     | 粗挽きウインナー(2cm)          |  | 10           |                                                                                                                                      | なたね油       |     | 4            |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | じゃがいも          |  | 20           |                                                                                                                                                                    | しょうゆ                  |     | 2.5          |
|                                                                                                                                                     | 玉葱                     |  | 30           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | 牛乳                      |  | 206          |                                                                                                                                                                   | (生)かぼちゃ(2×2cm) |  | 20           |                                                                                                                                                                    | 三温糖                   |     | 2            |
|                                                                                                                                                     | なす(高松産ごじまん品等利用拡大事業)    |  | 30           |                                                                                                                                      | キャベツ       |     | 30           |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | なす             |  | 20           |                                                                                                                                                                    | みりん                   |     | 1.5          |
|                                                                                                                                                     | じゃがいも                  |  | 25           |                                                                                                                                      | もやし        |     | 15           |                                                                                                                                                                                                                  | 豚肉並(2×2cmスライス)          |  | 20           |                                                                                                                                                                   | サラダ油           |  | 2            |                                                                                                                                                                    | でんぷん                  |     | 0.4          |
|                                                                                                                                                     | ズッキーニ                  |  | 10           |                                                                                                                                      | 人参         |     | 8            |                                                                                                                                                                                                                  | (冷)厚揚げ(カット)1kg          |  | 50           |                                                                                                                                                                   | (袋)トマト水煮 1kg   |  | 10           |                                                                                                                                                                    | 湯                     |     | 10           |
|                                                                                                                                                     | 黄パプリカ                  |  | 5            |                                                                                                                                      | (個)中濃ソース   |     | 8            |                                                                                                                                                                                                                  | つきこんにやく                 |  | 20           |                                                                                                                                                                   | 人参             |  | 8            |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     | にんにく                   |  | 0.5          |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | 人参                      |  | 10           |                                                                                                                                                                   | (冷)むき枝豆 1kg    |  | 7            |                                                                                                                                                                    | キャベツ                  |     | 30           |
|                                                                                                                                                     | サラダ油                   |  | 1.5          |                                                                                                                                      | (冷)根菜入りつくね |     | 20           |                                                                                                                                                                                                                  | (冷)さやいんげん 500g          |  | 5            |                                                                                                                                                                   | ピーマン           |  | 7            |                                                                                                                                                                    | 人参                    |     | 10           |
|                                                                                                                                                     | (袋)トマト水煮 1kg           |  | 15           |                                                                                                                                      | 玉葱         |     | 25           |                                                                                                                                                                                                                  | (乾)ひじき                  |  | 3            |                                                                                                                                                                   | にんにく           |  | 0.5          |                                                                                                                                                                    | ゆで塩                   |     | 0.5          |
|                                                                                                                                                     | (袋)トマケチャップ 1kg         |  | 8            |                                                                                                                                      | なす         |     | 15           |                                                                                                                                                                                                                  | サラダ油                    |  | 1            |                                                                                                                                                                   | 生姜             |  | 0.2          |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     | 上白糖                    |  | 0.5          |                                                                                                                                      | 人参         |     | 10           |                                                                                                                                                                                                                  | しょうゆ                    |  | 4            |                                                                                                                                                                   | サラダ油           |  | 2            |                                                                                                                                                                    | ベーコン(短冊)              |     | 7            |
|                                                                                                                                                     | 赤ぶどう酒                  |  | 1            |                                                                                                                                      | 中ねぎ        |     | 5            |                                                                                                                                                                                                                  | 三温糖                     |  | 3            |                                                                                                                                                                   | 小麦粉            |  | 5            |                                                                                                                                                                    | 玉葱                    |     | 30           |
|                                                                                                                                                     | ウスターソース                |  | 0.3          |                                                                                                                                      | 中みそ        |     | 5.5          |                                                                                                                                                                                                                  | 清酒                      |  | 1            |                                                                                                                                                                   | サラダ油           |  | 5            |                                                                                                                                                                    | キャベツ                  |     | 15           |
|                                                                                                                                                     | チキンコンソメ                |  | 0.4          |                                                                                                                                      | 甘みそ        |     | 5            |                                                                                                                                                                                                                  | みりん                     |  | 0.5          |                                                                                                                                                                   | カレー粉           |  | 1.1          |                                                                                                                                                                    | 人参                    |     | 10           |
|                                                                                                                                                     | 食塩                     |  | 0.2          |                                                                                                                                      | 煮干し だし用    |     | 4            |                                                                                                                                                                                                                  | 湯                       |  | 20           |                                                                                                                                                                   | (袋)がらスープ 1kg   |  | 4            |                                                                                                                                                                    | マカロニ(英字)              |     | 6            |
|                                                                                                                                                     | こしょう                   |  | 0.02         |                                                                                                                                      | 水          |     | 100          |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | (袋)トマケチャップ 1kg |  | 2            |                                                                                                                                                                    | セロリ                   |     | 1            |
|                                                                                                                                                     | 湯                      |  | 20           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | アスバラガス(高松産ごじまん品等利用拡大事業) |  | 20           |                                                                                                                                                                   | ウスターソース        |  | 1.7          |                                                                                                                                                                    | サラダ油                  |     | 0.5          |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | きゅうり                    |  | 20           |                                                                                                                                                                   | とんかつソース        |  | 1            |                                                                                                                                                                    | (袋)トマト水煮 1kg          |     | 20           |
|                                                                                                                                                     | (冷)大豆水煮                |  | 10           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | オクラ                     |  | 8            |                                                                                                                                                                   | しょうゆ           |  | 1            |                                                                                                                                                                    | (袋)がらスープ 1kg          |     | 4            |
|                                                                                                                                                     | キャベツ                   |  | 30           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | 人参                      |  | 5            |                                                                                                                                                                   | チャツネ 450g      |  | 1            |                                                                                                                                                                    | チキンコンソメ               |     | 0.4          |
|                                                                                                                                                     | きゅうり                   |  | 10           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  | (個)焙煎ごまドレッシング           |  | 8            |                                                                                                                                                                   | 赤ぶどう酒          |  | 1            |                                                                                                                                                                    | 食塩                    |     | 0.4          |
|                                                                                                                                                     | 人参                     |  | 5            |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | チキンコンソメ        |  | 0.5          |                                                                                                                                                                    | こしょう                  |     | 0.03         |
|                                                                                                                                                     | (冷)むき枝豆 1kg            |  | 5            |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | 食塩             |  | 0.5          |                                                                                                                                                                    | ローリエ                  |     | 0.1          |
|                                                                                                                                                     | (個)イタリアンドレッシング         |  | 8            |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | こしょう           |  | 0.04         |                                                                                                                                                                    | 湯                     |     | 100          |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | 湯              |  | 75           |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     | (個)国産みかんゼリー            |  | 40           |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | (乾)海藻ミックス      |  | 1            |                                                                                                                                                                    | (個)スライスチーズ            |     | 20           |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | キャベツ           |  | 30           |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | きゅうり           |  | 15           |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | (缶)ホールコーン      |  | 5            |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | (個)棒々鶏ドレッシング   |  | 10           |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | 小煮干し           |  | 4            |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   | (個)ヨーグルト 鉄分強化  |  | 70           |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |
|                                                                                                                                                     |                        |  |              |                                                                                                                                      |            |     |              |                                                                                                                                                                                                                  |                         |  |              |                                                                                                                                                                   |                |  |              |                                                                                                                                                                    |                       |     |              |