



# 2022年2月お弁当献立表



| 月 | 火   | 水  | 木  | 金                                   | 土   |
|---|---|--|--|-------------------------------------|---|
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 生姜ごはん<br>天ぷら(えびと野菜)<br><br>かぶの酢の物<br>高野豆腐の炊き合わせ | ごはん<br>魚の塩焼き<br>ほうれん草のお浸し<br>福袋煮(卵)<br>浅漬け風サラダ<br>フルーツ | ごはん<br>魚の塩焼き<br>つくねと野菜の炊合せ<br>梅のり和え<br>スパゲティサラダ<br>里芋の田楽 | ごはん<br>酢豚<br>炒りおから<br>セロリの佃煮<br>卵焼き | ごはん<br>鶏の焼き南蛮<br>ポテトサラダ<br>厚揚げと野菜の炊合せ<br>煮豆<br>蕪の浅漬け<br>卵焼き |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
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|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
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|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
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|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   | 5  | 6  | 7                                   | 8   |
|   | 9   | 10   | 11   | 12                                  | 13  |
|   | 14  | 15   | 16   | 17                                  | 18  |
|   | 19  | 20   | 21   | 22                                  | 23  |
|   | 24  | 25   | 26   | 27                                  | 28  |
|   | 29  | 30   | 31   | 1                                   | 2   |
|   | 3   | 4  | 5  | 6                                   | 7   |
|   | 8   | 9  | 10   | 11                                  | 12  |
|   | 13  | 14   | 15   | 16                                  | 17  |
|   | 18  | 19   | 20   | 21                                  | 22  |
|   | 23  | 24   | 25   | 26                                  | 27  |
|   | 28  | 29   | 30   | 31                                  | 1   |
|   | 2   | 3  | 4  | 5                                   | 6   |
|   | 7   | 8  | 9  | 10                                  | 11  |
|   | 12  | 13   | 14   | 15                                  | 16  |
|   | 17  | 18   | 19   | 20                                  | 21  |
|   | 22  | 23   | 24   | 25                                  | 26  |
|   | 27  | 28   | 29   | 30                                  | 31  |
|   | 1   | 2  | 3  | 4                                   | 5   |
|   | 6   | 7  | 8  | 9                                   | 10  |
|   | 11  | 12   | 13   | 14                                  | 15  |
|   | 16  | 17   | 18   | 19                                  | 20  |
|   | 21  | 22   | 23   | 24                                  | 25  |
|   | 26  | 27   | 28   | 29                                  | 30  |
|   | 31  | 1  | 2  | 3                                   | 4   |
|   | 5   | 6  | 7  | 8                                   | 9   |
|   | 10  | 11   | 12   | 13                                  | 14  |
|   | 15  | 16   | 17   | 18                                  | 19  |
|   | 20  | 21   | 22   | 23                                  | 24  |
|   | 25  | 26   | 27   | 28                                  | 29  |
|   | 30  | 31   | 1  | 2                                   | 3   |
|   | 4   |  |  |                                     |   |