

ただ し せい  
正しい姿勢で

た  
きれいに食べよう

7月こんだて



月	火	水	木	金
	1 Pumpkin Pan Bulgarian Mousaka Bob Chorbaba Bulgarian Yogurt	2 Chicken Gumbo Mozukotamago Soup Summer Vegetable Chips	3 Mabo Don Shredded Radish Salad Mango	4 Gohan Saba Ume Miso Yakimaki Tsuza Wae Miso Juice Frozen Mikan
7 Gomokumaki Shichidaiki Marin Blueberry	8 Jaryaryamen Cheese Udon Wonton Iron Bone Salad	9 Tomorokoshigohan Chicken Teriyaki Jyakouri Obitashi Pumpkin Miso Juice	10 Nan Butter Chicken Curry Edamame Branch Bean Salad Muscat	11 Gohan Madaras Chili Sauce Wakame Kyuri Hanabishi Wae Tougan Chuuka Soup
14 Kimchi Charhan Yakiku BBQ Salad Muraumo Soup	15 Matcha Uraeban ABC Soup Sweet Potato Salad Yuzu Jelly	16 Chinjo Orosu Don Harusame Amonu Toufu Amonu	17 Mexican Pilaft Tomato Lettuce Soup Fiber Salad Chocolate Cake	18 Gohan Omukijikokkoku Isoae Sumashi Juice



夏休み

