

| 雅 (みやび) コース | | | | | | | | | | | | |
|-------------|---------------------|---|---|---|---|---|---|---|---|------|------|------|
| 日付 | メニュー名 | 和 | 洋 | 小 | 中 | 大 | 特 | 別 | 他 | 他 | 栄養成分 | |
| 1 | 和-イ草つけ | | ○ | | | | | | | | 400 | |
| | 和-肉たまご | | ○ | | | | | | | | | |
| | 和-キャベツ豚肉和え | | ○ | | | | | | | | | |
| | 和-小松菜中華炒め | | ○ | | | | | | | | | |
| | 和-インゲンのおかか和え | | ○ | | | | | | | 19.9 | | |
| 水 | 和-白菜ツナサラダ | | ○ | | | | | | | | 3.6 | |
| | 和-がんも煮/金平牛蒡 | | ○ | | | | | | | | | |
| | 和-根菜でん/桜漬け | | | | | | | | | | | |
| | 和-タラの袖巻焼き | | ○ | | | | | | | | | |
| | 和-柳川風煮 | | ○ | | | | | | | | | 326 |
| 2 | 和-白菜としめじ中華炒め | | ○ | | | | | | | | 17.0 | |
| | 和-大根と厚揚げ煮 | | ○ | | | | | | | | | |
| | 和-ツナポテトサラダ | | ○ | | | | | | | | | |
| | 和-豆乳とミニトマト煮 | | ○ | | | | | | | | | |
| | 和-山菜の煮浸し/ナムル | | ○ | | | | | | | | | 3.3 |
| 3 | 和-わかめとわかめ汁 | | | | | | | | | | 3.0 | |
| | 和-わかめとわかめ汁 | | | | | | | | | | | |
| | 和-わかめとわかめ汁 | | | | | | | | | | | |
| | 和-わかめとわかめ汁 | | | | | | | | | | | |
| | 和-わかめとわかめ汁 | | | | | | | | | | | |
| 4 | 和-クリームコロッケ/なす天 | | ○ | ○ | ○ | ○ | ○ | | | | 530 | |
| | 和-さば生煮 | | ○ | | | | | | | | | |
| | 和-法蓮草(くま)和え | | ○ | | | | | | | | | |
| | 和-白菜梅肉和え | | ○ | | | | | | | | | |
| | 和-さつま芋煮/高野煮物 | | ○ | | | | | | | | | 20.4 |
| 土 | 和-きのこのり/草甘酢漬 | | | | | | | | | | 3.1 | |
| | 和-キャベツと炒り卵の炒め物 | | ○ | ○ | | | | | | | | |
| | 和-金時豆 | | | | | | | | | | | |
| | 和-豚肉と白菜のついで煮 | | ○ | | | | | | | | | |
| | 和-ザラのきのこのあんかけ | | ○ | | | | | | | | | 355 |
| 5 | 和-さつま芋の和風煮 | | ○ | | | | | | | | 19.4 | |
| | 和-高野菜と豚肉和え | | ○ | | | | | | | | | |
| | 和-豆干大根と油揚げの煮物 | | ○ | | | | | | | | | |
| | 和-山菜と油揚げの煮物 | | ○ | | | | | | | | | |
| | 和-春雨の煮物 | | ○ | | | | | | | | | 3.5 |
| 6 | 和-おかつ昆布 | | ○ | | | | | | | | 422 | |
| | 和-ザラと揚げなすのり/辛あん | | ○ | | | | | | | | | |
| | 和-蓮根と鶏肉炒め | | ○ | ○ | | | | | | | | |
| | 和-切干大根炒物 | | ○ | ○ | | | | | | | | |
| | 和-オクラ梅かつお和え | | ○ | | | | | | | | | 18.9 |
| 火 | 和-ポテトサラダ | | ○ | | | | | | | | 3.0 | |
| | 和-厚揚げの煮しめ | | ○ | | | | | | | | | |
| | 和-小松菜しらす煮浸し | | ○ | | | | | | | | | |
| | 和-パイン缶 | | | | | | | | | | | |
| | 和-鶏肉の煮つけ/ホウレンソウ/グリン | | ○ | ○ | | | | | | | | 528 |
| 8 | 和-赤身の和風でん | | ○ | | | | | | | | 24.3 | |
| | 和-香菊と厚揚げの炒め煮 | | ○ | | | | | | | | | |
| | 和-ほうれん草ツナ炒め | | ○ | | | | | | | | | |
| | 和-シュークリーム/ポテトサラダ | | ○ | ○ | | | | | | | | |
| | 和-麻婆豆腐 | | ○ | | | | | ○ | | | | |
| 水 | 和-はまの煮物 | | ○ | | | | | | | | 3.0 | |
| | 和-白花豆 | | | | | | | | | | | |
| | 和-赤魚塩焼き/輪子焼かけ | | | | | | | | | | | |
| | 和-肉団子と豚の中華炒め | | ○ | ○ | | | | | | | | 395 |
| | 和-大根梅かつお和え | | ○ | | | | | | | | | |
| 9 | 和-チンゲン菜のたみ煮 | | ○ | | | | | | | | 18.3 | |
| | 和-カニ風味キャベツサラダ | | ○ | ○ | | | | | | | | |
| | 和-白菜の煮浸し/もやし煮浸し | | ○ | | | | | | | | | |
| | 和-香菊のさき漬 | | | | | | | | | | | 3.6 |
| | 和-リンゴ缶 | | | | | | | | | | | |
| 10 | 和-アジ天ぷら/かき揚げ | | ○ | ○ | | | | | | | 412 | |
| | 和-八宝菜 | | ○ | ○ | | | | | | | | |
| | 和-小松菜の煮浸し | | ○ | | | | | | | | | |
| | 和-金平牛蒡 | | ○ | | | | | | | | | |
| | 和-高野中華春雨 | | ○ | ○ | | | | | | | | 15.9 |
| 金 | 和-じゃが芋とさつま揚げの炒り煮 | | ○ | | | | | | | | 2.8 | |
| | 和-じゃが芋とさつま揚げの炒り煮 | | ○ | | | | | | | | | |
| | 和-ブロッコリー/ピーナツ和え | | | | | | | ○ | | | | |
| | 和-金時豆 | | | | | | | | | | | |
| | 和-鶏と豚の親子煮 | | ○ | ○ | | | | | | | | 445 |
| 11 | 和-タラのちゃんちゃん焼き | | ○ | | | | | | | | 27.1 | |
| | 和-チンゲン菜のスープ煮 | | ○ | ○ | | | | | | | | |
| | 和-オクラおかつ和え | | ○ | | | | | | | | | |
| | 和-水菜のサラダ | | ○ | ○ | | | | | | | | |
| | 和-がんもと根菜煮 | | ○ | | | | | | | | | |
| 土 | 和-ひじきとわかめ煮物 | | ○ | ○ | | | | | | | 3.6 | |
| | 和-みかん缶 | | | | | | | | | | | |
| | 和-豚肉と野菜のミソース煮込み | | ○ | ○ | | | | | | | | |
| | 和-白身魚の若狭焼/ビーフン | | ○ | | | | | | | | | 337 |
| | 和-揚げナスの輪煮し | | ○ | | | | | | | | | |
| 13 | 和-五目しんじょう/かき揚げ | | ○ | | | | | | | | 16.4 | |
| | 和-南瓜のおかつサラダ | | ○ | ○ | | | | | | | | |
| | 和-大根と厚揚げの炒り煮 | | ○ | ○ | | | | | | | | |
| | 和-香菊のさき漬 | | ○ | | | | | | | | | |
| | 和-野沢菜漬 | | ○ | | | | | | | | | 3.5 |
| 14 | 和-肉豆腐 | | ○ | | | | | | | | 373 | |
| | 和-白身フライ/水菜の煮浸し | | ○ | | | | | | | | | |
| | 和-オクラ豚肉和え | | ○ | | | | | | | | | |
| | 和-キャベツと海老の炒め | | ○ | ○ | | | | | | | | |
| | 和-菜の花のおかつ和え | | ○ | | | | | | | | | 18.2 |
| 火 | 和-ひじきとピーマン煮物 | | ○ | | | | | | | | 3.4 | |
| | 和-切干大根サラダ | | ○ | ○ | | | | | | | | |
| | 和-パイン缶 | | | | | | | | | | | |
| | 和-アジ南蛮煮/白菜煮浸し | | ○ | | | | | | | | | |
| | 和-大根と豆腐の煮物 | | ○ | | | | | | | | | 405 |
| 15 | 和-人参と玉子豆腐 | | ○ | ○ | | | | | | | 17.7 | |
| | 和-ほうれん草/ピーナツ和え | | ○ | | | | | | ○ | | | |
| | 和-コーンスープ/サラダ | | ○ | ○ | | | | | | | | |
| | 和-揚げなすの煮 | | ○ | | | | | | | | | |
| | 和-きのこ/人参の金平 | | ○ | | | | | | | | | 3.3 |
| 16 | 和-鶏と豚の親子煮 | | ○ | ○ | | | | | | | 447 | |
| | 和-タラのちゃんちゃん焼き | | ○ | | | | | | | | | |
| | 和-大根の五目煮 | | ○ | | | | | | | | | |
| | 和-南瓜のおかつサラダ | | ○ | | | | | | | | | |
| | 和-なす豚肉和え | | ○ | | | | | | | | | 25.0 |
| 木 | 和-玉ねぎツナサラダ | | ○ | | | | | | | | 3.7 | |
| | 和-南瓜のおかつ煮物 | | ○ | | | | | | | | | |
| | 和-おかつ昆布 | | ○ | | | | | | | | | |
| | 和-豚肉の中華炒め | | ○ | | | | | | | | | 402 |
| | 和-赤魚塩焼き | | | | | | | | | | | |
| 17 | 和-香菊と厚揚げの炒め | | ○ | | | | | | | | 22.0 | |
| | 和-チンゲン菜のクリーム煮 | | ○ | ○ | | | | | | | | |
| | 和-カニ風味しゃんせ/キャベツサラダ | | ○ | ○ | | | | | | | | |
| | 和-肉団子煮/かぶ煮 | | ○ | ○ | | | | | | | | |
| | 和-白菜甘酢 | | ○ | | | | | | | | | 3.0 |
| 18 | 和-金時豆 | | | | | | | | | | 308 | |
| | 和-和-イ草つけ | | ○ | | | | | | | | | |
| | 和-鶏と大根の生煮 | | ○ | | | | | | | | | |
| | 和-ほうれん草おかつ和え | | ○ | | | | | | | | | |
| | 和-竹の子煮/人参煮 | | ○ | | | | | | | | | 16.9 |
| 土 | 和-マカヒコサラダ | | ○ | ○ | | | | | | | 3.5 | |
| | 和-ナス田楽 | | ○ | | | | | | | | | |
| | 和-もやし/ナムル | | ○ | | | | | | | | | |
| | 和-安苔茶 | | ○ | | | | | | | | | |
| | 和-タラ山椒焼き/出巻卵 | | ○ | ○ | | | | | | | | 399 |
| 20 | 和-豚肉と厚揚げの和風カレー | | ○ | | | | | | | | 25.9 | |
| | 和-糸こんにゃく和え | | ○ | | | | | | | | | |
| | 和-なすなべし | | ○ | | | | | | | | | |
| | 和-大根ツナサラダ | | ○ | | | | | | | | | |
| | 和-じゃが芋の炒め煮 | | ○ | ○ | | | | | | | | 3.6 |
| 21 | 和-ほうれん草おかつ和え | | ○ | | | | | | | | 388 | |
| | 和-鶏と白菜のしんじょう煮 | | ○ | | | | | | | | | |
| | 和-とり天/キャベツ/アジ | | ○ | ○ | | | | | | | | |
| | 和-竹の子/アスパラ/ほうじ茶 | | ○ | | | | | | | | | |
| | 和-竹輪の金平煮/ひじき煮 | | ○ | | | | | | | | | 17.2 |
| 火 | 和-オクラわかめサラダ | | ○ | | | | | | | | 3.5 | |
| | 和-麻婆春雨 | | ○ | | | | | | ○ | | | |
| | 和-胡瓜とかにが煮物 | | ○ | ○ | | | | | | | | |
| | 和-桜漬 | | | | | | | | | | | |
| | 和-サーモン/カサガ | | ○ | ○ | | | | | | | | 422 |
| 22 | 和-肉じゃが | | ○ | | | | | | | | 18.7 | |
| | 和-卵サラダ | | ○ | | | | | | | | | |
| | 和-もやし/キクラゲ/ナムル | | ○ | | | | | | | | | |
| | 和-切干大根とわかめ煮物 | | ○ | | | | | | | | | |
| | 和-大豆と昆布煮物/野沢菜 | | ○ | | | | | | | | | |
| 水 | 和-高野菜と油揚げ煮 | | ○ | | | | | | | | 2.9 | |
| | 和-かにかのひじき/豆腐煮 | | ○ | ○ | | | | | | | | |
| | 和-和-イ草つけ | | | | | | | | | | | 480 |
| | 和-海老天/竹輪の磯辺天/なす天 | | ○ | ○ | | | | | | | | |
| | 和-大豆と豚肉の中華炒め | | ○ | | | | | | | | | |
| 24 | 和-じゃが芋のベーコン煮 | | ○ | | | | | | | | 21.5 | |
| | 和-水菜の煮浸し | | ○ | | | | | | | | | |
| | 和-カニ風味/バサラ | | ○ | ○ | | | | | | | | |
| | 和-豆乳花形豆腐 | | ○ | | | | | | | | | |
| | 和-餅れんこん | | ○ | | | | | | | | | 3.0 |
| 25 | 和-リンゴ缶 | | | | | | | | | | 345 | |
| | 和-豚肉と厚揚げの炒め | | ○ | ○ | | | | | | | | |
| | 和-エビ/アジ | | ○ | ○ | | | | | | | | |
| | 和-金平 | | ○ | | | | | | | | | |
| | 和-ほうれん草/豚肉和え | | ○ | | | | | | | | | 20.5 |
| 土 | 和-ひじき煮 | | ○ | | | | | | | | 3.2 | |
| | 和-輪子煮りこみ/か | | ○ | | | | | | | | | |
| | 和-広島菜 | | ○ | | | | | | | | | |
| | 和-パイン缶 | | | | | | | | | | | |