

January · TBGU weekly menu

営業時間 : ~ :

Date	12	13	14	15	16																			
Day of week	Monday	TuesDay	Wednesday	Thursday	Friday																			
Alaunch		<p>4種チーズ入り メンチカツ and カレーコロッケ</p> <table> <thead> <tr> <th>Calorie</th><th>758</th> <th>Calorie</th><th>628</th> <th>Calorie</th><th>695</th> </tr> </thead> <tbody> <tr> <th>Protein</th><td>12.9</td> <th>Protein</th><td>16.7</td> <th>Protein</th><td>21.9</td> </tr> <tr> <th>Lipid</th><td>25.4</td> <th>Lipid</th><td>20.1</td> <th>Lipid</th><td>25.2</td> </tr> </tbody> </table>	Calorie	758	Calorie	628	Calorie	695	Protein	12.9	Protein	16.7	Protein	21.9	Lipid	25.4	Lipid	20.1	Lipid	25.2	<p>豚肉の生姜炒め</p>	<p>チキンカツ</p>		
Calorie	758	Calorie	628	Calorie	695																			
Protein	12.9	Protein	16.7	Protein	21.9																			
Lipid	25.4	Lipid	20.1	Lipid	25.2																			
Blaunch 週替わり			<p>タラの香草パン粉焼き</p> <table> <thead> <tr> <th>Calorie</th><th>460</th> </tr> </thead> <tbody> <tr> <th>Protein</th><td>11.8</td> </tr> <tr> <th>Lipid</th><td>4.7</td> </tr> </tbody> </table>	Calorie	460	Protein	11.8	Lipid	4.7		<p>大学入学共通テスト 準備のため 5号館お休みです</p>													
Calorie	460																							
Protein	11.8																							
Lipid	4.7																							
RiceBowl		<p>豚肉の味噌焼丼</p> <table> <thead> <tr> <th>Calorie</th><th>631</th> <th>Calorie</th><th></th> <th>Calorie</th><th>674</th> </tr> </thead> <tbody> <tr> <th>Protein</th><td>17.4</td> <th>Protein</th><th></th> <th>Protein</th><td>24.7</td> </tr> <tr> <th>Lipid</th><td>20.6</td> <th>Lipid</th><th></th> <th>Lipid</th><td>22.1</td> </tr> </tbody> </table>	Calorie	631	Calorie		Calorie	674	Protein	17.4	Protein		Protein	24.7	Lipid	20.6	Lipid		Lipid	22.1	<p>和風ガパオライス</p>		<p>2号館にて 1.5食限定 鶏の塩麹焼き 弁当 ¥500</p>	
Calorie	631	Calorie		Calorie	674																			
Protein	17.4	Protein		Protein	24.7																			
Lipid	20.6	Lipid		Lipid	22.1																			
Noodle 週替わり			<p>黒マー油とんこつラー麺</p> <table> <thead> <tr> <th>Calorie</th><th>682</th> </tr> </thead> <tbody> <tr> <th>Protein</th><td>23.7</td> </tr> <tr> <th>Lipid</th><td>19.7</td> </tr> </tbody> </table>	Calorie	682	Protein	23.7	Lipid	19.7		<p>販売いたします</p>													
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Ala Carte			<p>スープスパゲティ</p> <table> <thead> <tr> <th>Calorie</th><th></th> <th>Calorie</th><th>639</th> <th>Calorie</th><th></th> </tr> </thead> <tbody> <tr> <th>Protein</th><th></th> <th>Protein</th><td>19.3</td> <th>Protein</th><th></th> </tr> <tr> <th>Lipid</th><th></th> <th>Lipid</th><td>24.2</td> <th>Lipid</th><th></th> </tr> </tbody> </table>	Calorie		Calorie	639	Calorie		Protein		Protein	19.3	Protein		Lipid		Lipid	24.2	Lipid				
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お休み

※材料の仕入れの都合上、メニューが変更になることもありますのでご了承ください。