

# February・TBGUweeklymenu

営業時間： ～：

| Date            | 16                  | 17      | 18                | 19       | 20      |      |                |      |          |      |
|-----------------|---------------------|---------|-------------------|----------|---------|------|----------------|------|----------|------|
| Day of week     | Monday              | TuesDay | Wednesday         | Thursday | Friday  |      |                |      |          |      |
| Alaunch         | マーボー豆腐              |         | 白身魚の唐揚げ<br>野菜あんかけ |          | 肉豆腐     |      | タラの<br>香草パン粉焼き |      | 鶏の大葉味噌焼き |      |
|                 | Calorie             | 654     | Calorie           | 513      | Calorie | 682  | Calorie        | 521  | Calorie  | 644  |
|                 | Protein             | 21.7    | Protein           | 14.1     | Protein | 20.8 | Protein        | 15.3 | Protein  | 24.1 |
|                 | Lipid               | 20.5    | Lipid             | 6.9      | Lipid   | 23.2 | Lipid          | 11.4 | Lipid    | 19.8 |
| Blaunch<br>週替わり | 休み                  |         |                   |          |         |      |                |      |          |      |
|                 | Calorie             |         | Calorie           |          | Calorie |      | Calorie        |      | Calorie  |      |
|                 | Protein             |         | Protein           |          | Protein |      | Protein        |      | Protein  |      |
|                 | Lipid               |         | Lipid             |          | Lipid   |      | Lipid          |      | Lipid    |      |
| RiceBowl        | 柚子と大葉香る<br>さっぱりそばろ丼 |         | 彩り野菜のせ<br>チキンカレー  |          | キムチクツパ  |      |                |      |          |      |
|                 | Calorie             | 594     | Calorie           | 800      | Calorie | 596  | Calorie        |      | Calorie  |      |
|                 | Protein             | 19.9    | Protein           | 24.9     | Protein | 12.7 | Protein        |      | Protein  |      |
|                 | Lipid               | 15.3    | Lipid             | 30.9     | Lipid   | 20.0 | Lipid          |      | Lipid    |      |
| Noodle<br>週替わり  | スーラータン麺             |         |                   |          |         |      |                |      |          |      |
|                 |                     |         | Calorie           |          | 664     |      |                |      |          |      |
|                 |                     |         | Protein           |          | 23.5    |      |                |      |          |      |
|                 |                     |         | Lipid             |          | 16.5    |      |                |      |          |      |
| Ala Carte       |                     |         |                   |          |         |      | 具沢山豚汁定食        |      | エビピラフ    |      |
|                 | Calorie             |         | Calorie           |          | Calorie |      | Calorie        | 764  | Calorie  | 589  |
|                 | Protein             |         | Protein           |          | Protein |      | Protein        | 22.1 | Protein  | 27.0 |
|                 | Lipid               |         | Lipid             |          | Lipid   |      | Lipid          | 23.9 | Lipid    | 7.3  |

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