

# MARCH・TBGUweeklymenu

営業時間 : ~ :

Date	9	10	11	12	13					
Day of week	Monday	Tuesday	Wednesday	Thursday	Friday					
Alaunch	<b>鱈の唐揚げ 野菜あんかけ</b>		<b>チキンカツ</b>		<b>海老と春雨の 旨塩炒め</b>		<b>ごまとあおさの 香ばし鶏唐揚</b>		<b>おろしのせ 豆腐ハンバーグ</b>	
	Calorie	517	Calorie	695	Calorie	633	Calorie	661	Calorie	583
	Protein	12.5	Protein	21.9	Protein	20.4	Protein	19.7	Protein	16.2
	Lipid	8.9	Lipid	25.2	Lipid	8.3	Lipid	24.7	Lipid	15.2
Blaunch 週替わり	<b>休み</b>									
	Calorie		Calorie		Calorie		Calorie		Calorie	
	Protein		Protein		Protein		Protein		Protein	
	Lipid		Lipid		Lipid		Lipid		Lipid	
RiceBowl	<b>鶏照り焼き丼</b>		<b>ゴロゴロ野菜の ポークカレー</b>		<b>鶏と舞茸の 天井</b>		/		<b>金平豚丼</b>	
	Calorie	637	Calorie	731	Calorie	666	Calorie		Calorie	635
	Protein	23.8	Protein	15.2	Protein	18.3	Protein		Protein	18.2
	Lipid	19.2	Lipid	24.7	Lipid	15.4	Lipid		Lipid	19.0
Noodle 週替わり	<b>辛子にんにく味噌ラー麺</b>									
			Calorie		624					
			Protein		25.7					
			Lipid		11.2					
Ala Carte							<b>トマトスープ スパゲティ</b>			
	Calorie		Calorie		Calorie		Calorie	582	Calorie	
	Protein		Protein		Protein		Protein	16.3	Protein	
	Lipid		Lipid		Lipid		Lipid	19.4	Lipid	

※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。