

2023年11月7日(火)食材 産地・メーカー 今日の食材には★印がついています

そぼろ丼、キャベツ煮びたし、種なし柿、牛乳

黄色は熱になる

緑色は体を整える

赤色は体を作る

働きのある食材です

Main table with columns for food categories (穀類, 菓子類, 果物, 豆類, 魚介類, 種実類, 油類, 砂糖甘味類, いもでん粉), ingredients, manufacturers, and origins. Includes a detailed list of products like rice, flour, and various oils.

たまご (Egg) section listing various egg products like chicken eggs, quail eggs, and processed egg products from manufacturers like 群馬県 and ぼしえぬ.

牛乳 (Milk) section listing various milk products like cow milk, yogurt, and cheese from manufacturers like 協同乳業 and ヨーク.

調味料及び香辛料類 (Seasonings and Spices) section listing various condiments like soy sauce, vinegar, and spices from manufacturers like 正田しょうゆ and キッコーマン.

魚介類 (Seafood) section listing various seafood products like salmon, tuna, and fish oil from manufacturers like 長崎県 and 北海道.

豆類 (Beans) section listing various bean products like soybeans, green beans, and bean paste from manufacturers like 佐賀県 and 北海道.

種実類 (Nuts and Seeds) section listing various nuts and seeds like almonds, walnuts, and sesame seeds from manufacturers like 名古屋・浜乙女 and 群馬・丸高食品.

果物 (Fruits) section listing various fruits like apples, oranges, and berries from manufacturers like 秋田県 and 長野県.

菓子類 (Confectionery) section listing various bakery products like bread, pastries, and cakes from manufacturers like 北海道 and 竹島製パン.

穀類 (Grains) section listing various grain products like rice, wheat, and flour from manufacturers like 北海道 and 学校給食会.