

※栄養価はごはんを含んだ数値です。

【ごはん栄養価】

エネルギー量	336kcal
たんばく質	5.0 g
脂質	0.6 g
炭水化物	74.2 g
塩分	0.0 g



牛肉のおいしさをぎゅっつと
とじ込めた美味しいメンチカツです♡

超
おすすめ



A photograph of a lunch tray with six compartments. The top-left compartment (green) contains a stir-fry of vegetables and meat. The top-middle (blue) has a small portion of green vegetables. The top-right (pink) is filled with a large serving of stir-fried noodles. The bottom-left (yellow) features a large portion of rice topped with a fried egg and a red sauce drizzle. The bottom-middle (white) contains a small portion of white rice. The bottom-right (purple) is filled with a large serving of green vegetables.

A school lunch tray featuring a large fried fish fillet topped with red sauce, a green vegetable medley, a small bowl of green beans, a pink bowl of spaghetti with meat sauce, and a purple bowl of braised meat.

滑らかな絹厚揚げに、旨辛のオリジナル
麻婆ソースはご飯が進みます♪