ワークシート8.2　高齢者向け献立

対象者　　　　　　　　　　, 季節　　　　　　　　　　, 地域

①料理形式

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
| 朝食 |  |  |  |  |  |  |  |
| 昼食 |  |  |  |  |  |  |  |
| 夕食 |  |  |  |  |  |  |  |

②主菜食材

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
| 朝食 |  |  |  |  |  |  |  |
| 昼食 |  |  |  |  |  |  |  |
| 夕食 |  |  |  |  |  |  |  |

③調理方法

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
| 朝食 |  |  |  |  |  |  |  |
| 昼食 |  |  |  |  |  |  |  |
| 夕食 |  |  |  |  |  |  |  |

④変わりごはん

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 月 | 火 | 水 | 木 | 金 | 土 | 日 |
| 朝食 |  |  |  |  |  |  |  |
| 昼食 |  |  |  |  |  |  |  |
| 夕食 |  |  |  |  |  |  |  |

⑤行事食

|  |  |  |
| --- | --- | --- |
| 月日 | 行事名 | 献立 |
|  |  |  |
|  |  |  |