

アレルギー詳細献立表（中学校・特支中）

1 / 14 ページ

令和 7年 7月 1日(火)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名       | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー |                                          |
|-----------|--------------|---|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------|------------------------------------------|
| ごはん       | 白飯           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
| 牛乳        | 牛乳(学校給食)     |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳        |                                          |
| 豚肉の       | キムチ炒め        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 豚肉           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉       |                                          |
|           | はくさい キムチ     |   | ×  |   |    |    |    |      |     | △  |       |          |         | ×  |     | △  |     |    |    |    |    |    |      |      |         |    | ×   |     | △  | ×       |        |          | 小麦,大豆,りんご,<br>おきあみエキス、魚醤、<br>△ごま,△いか,△山芋 |
|           | にんじん         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | おろししょうが      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 小麦,大豆                                    |
|           | キムチの素        |   |    |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         |        |          | 大豆,りんご                                   |
|           | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 三温糖          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 顆粒和風だし       |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      |          | かつおぶし                                    |
|           | なたね油         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | ごま油          |   |    |   |    |    |    |      |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | ごま                                       |
|           | 片栗粉          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
| キャベツの     | 甘酢づけ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | キャベツ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | きゅうり         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 千切りだいこん漬     |   | △  |   |    |    |    |      |     | △  |       |          |         | △  |     |    |     |    |    |    |    |    |      |      |         |    |     | △   |    |         |        | ×        | 梅酢,△小麦,△ごま,<br>△大豆,△りんご                  |
|           | 穀物酢          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 上白糖          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
| 春雨スープ     | 冷凍ミートボール(鉄)  | △ | △  | △ |    | △  | △  |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        |          | 大豆,豚肉,鶏肉,<br>△卵,△小麦,△乳,<br>△えび,△かに       |
|           | にんじん         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | たまねぎ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | はくさい         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | チンゲンサイ       |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 冷凍とうふ(3種強化)  |   |    |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                                       |
|           | 緑豆はるさめ       |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 干しいたけ        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 小麦,大豆                                    |
|           | 鶏がらだし(丸鶏・顆粒) |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |          | 鶏肉                                       |
|           | 食塩           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 白こしょう        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
|           | 水            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                          |
| グレープゼリーFe | グレープゼリーFe    |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ×        | ぶどう果汁                                    |

×:原材料として使用 △:コンタミネーション

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2 / 14 ページ

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| 料理名       | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                                                  | 全ての<br>アレルギー                                                           |
|-----------|-----------------|---|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------------------------------------------|------------------------------------------------------------------------|
| うどん       | 学校給食用ゆでめん       |   | ×  |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                                                      |                                                                        |
| 牛乳        | 牛乳(学校給食)        |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                                       |                                                                        |
| たこナゲット    | たこナゲット          | △ | ×  | △ |    | △  | △  |      |     | △  |       |          |         | ×  |     | ×  |     | △  |    |    | △  |    |      |      |         |    |     |     |    | ×       | 小麦,大豆,いか,たこ、<br>たらすり身,△卵,△乳、<br>△えび,△かに,△ごま、<br>△さけ,△豚肉 |                                                                        |
| わかめサラダ    | キャベツ            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | きゅうり            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | 乾燥わかめ           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦,大豆                                                   |                                                                        |
|           | 上白糖             |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | ごま油             |   |    |   |    |    |    |      |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                                                      |                                                                        |
|           | 穀物酢             |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
| カレーうどん汁   | 豚肉              |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                                      |                                                                        |
|           | にんじん            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | たまねぎ            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | 根深ねぎ            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | カレールウ(SB甘口)     |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | 小麦,乳,大豆、<br>豚肉,鶏肉,山芋                                    |                                                                        |
|           | カレールウ(SB中辛)     |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | 小麦,乳,大豆、<br>豚肉,鶏肉,山芋                                    |                                                                        |
|           | カレールウ(TO)       |   | ×  |   |    |    |    |      |     |    |       |          |         | △  |     |    |     |    |    |    |    | △  | △    |      |         |    |     |     |    |         | 小麦,△大豆,△豚肉,△鶏肉                                          |                                                                        |
|           | カレー粉            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | ちんび                                                     |                                                                        |
|           | こいくちしょうゆ        |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦,大豆                                                   |                                                                        |
|           | 本みりん            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                         |                                                                        |
|           | さば節             |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         | さば                                                      |                                                                        |
| アセロラミニゼリー | アセロラミニゼリー       | △ |    | △ |    |    |    |      |     |    |       |          |         | △  |     |    |     |    |    | △  | △  | △  | △    | △    |         | △  | △   | △   |    |         | ×                                                       | アセロラ果汁,△卵,△乳、<br>△大豆,△牛肉,△豚肉、<br>△鶏肉,△ゼラチン、<br>△オレンジ,△もも、<br>△りんご,△バナナ |

×：原材料として使用 △：コンタミネーション

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| 料理名         | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全ての<br>アレルギー  |
|-------------|-----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|---------------|
|             |                 |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
| ココアパン       | ココアパン           |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,乳,大豆       |
| 牛乳          | 牛乳(学校給食)        |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳             |
| ハムチーズサンドフライ | ハムチーズサンドフライ     |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        | 小麦,乳,大豆,豚肉,鶏肉 |
|             | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
| コーンサラダ      | キャベツ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | きゅうり            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | 減塩和風ドレッシング      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶしエキス、魚醤   |
| 鶏肉と大豆のトマト煮  | 若どりむね 皮つき       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉            |
|             | 大豆水煮缶詰          |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆            |
|             | じゃがいも           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | カットホールトマト       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    | △   |     |    |         |        | △もも           |
|             | トマトケチャップ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | トマトピューレー        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | おろしにんにく         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | 野菜ブイヨン          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | 食塩              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | 白こしょう           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |
|             | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |               |

アレルギー詳細献立表（中学校・特支中）

4 / 14 ページ

令和 7年 7月 4日(金)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名     | 材料名      | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                    |
|---------|----------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------|
| ごはん     | 白飯       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| おかか     | ふりかけ(備蓄) |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | ふりかけ おかか |   |    |   |    |    | △  | △    |     |    |       |         |          |    |     |    |     |    | △  |    |    |    |      |      |         |    |     |     |    |         | ×      | かつお節、貝カルシウム、<br>△えび、△かに、△さけ |
| 牛乳      | 牛乳(学校給食) |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                           |
| だし巻きたまご | だし巻き卵    | × | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | 卵、小麦、大豆、<br>かつお節エキス         |
| 鉄火みそ    | 豚肉       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                          |
|         | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | たまねぎ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | なす       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | ピーマン     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | 赤色辛みそ    |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | 三温糖      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | こいくちしょうゆ |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦、大豆                       |
| なたね油    |          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| 呉汁      | きざみ大豆    |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | 豚肉       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                          |
|         | 冷凍とうふ    |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | じゃがいも    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | キャベツ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | こまつな     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | えのきたけ    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|         | 調製豆乳     |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | カット油揚げ   |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | 調製豆乳     |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | 赤色辛みそ    |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|         | 顆粒和風だし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                       |
|         | 水        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |

×: 原材料として使用 △: コンタミネーション

アレルギー詳細献立表（中学校・特支中）

5 / 14 ページ

令和 7 年 7 月 7 日(月)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B 献立

| 料理名    | 材料名         | 卵     | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                           | 全ての<br>アレルギー                              |
|--------|-------------|-------|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|----------------------------------|-------------------------------------------|
|        |             |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
| ちらしずし  | ちらし寿司(混ぜ込み) |       | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     | ×  |         | 小麦,大豆,鶏肉,<br>かつお風味調味料、<br>煮干しエキス |                                           |
| 牛乳     | 牛乳(学校給食)    |       |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                |                                           |
| 星型コロッケ | 星型コロッケ      | △     | ×  | △ |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         | 小麦,豚肉,鶏肉,<br>△卵,△乳               |                                           |
|        | なたね油        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        |             |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
| 枝豆サラダ  | (冷凍)むきえだまめ  |       |    |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆,△山芋                           |                                           |
|        | キャベツ        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | きゅうり        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | 和風ごまドレッシング  |       | ×  |   |    |    |    |      |     |    | ×     |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | 小麦,ごま,大豆,<br>かつおぶしエキス、<br>ほたてエキス |                                           |
| 七夕すまし汁 | かまぼこ麺       |       | △  | △ |    | △  |    |      |     | △  |       |          |         | △  |     | △  |     |    | △  |    | △  |    |      |      |         |    |     |     |    | ×       |                                  | たら,△小麦,△乳,<br>△えび,△ごま,△大豆,<br>△いか,△さば,△豚肉 |
|        | えのきたけ       |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | にんじん        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | だいこん        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | たまねぎ        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | 根深ねぎ        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | 焼きふ星型       |       | ×  |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                               |                                           |
|        | こいくちしょうゆ    |       | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦,大豆                            |                                           |
|        | しろしょうゆ      |       | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦,大豆                            |                                           |
|        | 清酒 上撰       |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | 本みりん        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | 食塩          |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                  |                                           |
|        | かつお節        |       |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |                                  | かつお,△さば                                   |
|        | 七夕ゼリー       | 七夕ゼリー |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×                                | レモン果汁,ﾌﾞﾗｳﾝ果汁<br>,みかん果汁                   |

×: 原材料として使用 △: コンタミネーション

アレルギー詳細献立表（中学校・特支中）

6 / 14 ページ

令和 7年 7月 8日(火)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名    | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                  | 全てのアレルギー |
|--------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-------------------------|----------|
| ごはん    | 白飯              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
| 牛乳     | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                       |          |
| さばの塩焼き | 塩さば             |   | △  |   |    |    |    |       |     | △  |       |         |          | △  |     | △  |     | △  | ×  |    |    |    |      |      |         |    |     |     |    |         | さば,△小麦,△ごま,△大豆,△いか,△さけ  |          |
| ひじきサラダ | ひじき水煮           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | 香りごまドレッシング      |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                      |          |
| キャベ    | 豚汁              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                      |          |
|        | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | ごぼう             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | こんにゃく           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |
|        | 冷凍とうふ(3種強化)     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                      |          |
|        | 淡色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                      |          |
|        | 赤色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                      |          |
|        | かたくちいわし 煮干し     |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     | ×  |         | かたくちいわし,△えび,△かに,△いか,△さば |          |
|        | 水               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                         |          |

×: 原材料として使用 △: コンタミネーション

アレルギー詳細献立表（中学校・特支中）

7 / 14 ページ

令和 7年 7月 9日(水)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名       | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実             | 全てのアレルギー                                    |
|-----------|--------------|---|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------------------|---------------------------------------------|
| ごはん       | 白飯           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
| 牛乳        | 牛乳(学校給食)     |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 乳                                           |
| 上州しゅうまい   | しゅうまい(地場産)真空 | △ | ×  | △ | △  |    |    |      |     | ×  |       | ×        |         |    |     |    |     | △  | △  | ×  | ×  | △  |      |      |         |    | △   |     |    |         |                    | 小麦,ごま,大豆,豚肉,鶏肉,△卵,△乳,△えび,△さば,△牛肉,△ゼラチン,△りんご |
| チンジャオこンスー | 豚肉           |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |                    | 豚肉                                          |
|           | ピーマン         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 赤ピーマン        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 黄ピーマン        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | こんにゃく        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | おろしにんにく      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | ごま油          |   |    |   |    |    |    |      |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | ごま                                          |
|           | 鶏がらだし(顆粒・無塩) |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |                    | 鶏肉                                          |
|           | オイスターソース     |   | ×  |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |                    | 小麦,大豆,かき                                    |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 小麦,大豆                                       |
|           | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 三温糖          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | なたね油         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 片栗粉          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
| 麻婆豆腐      | 豚ひき肉         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |                    | 豚肉                                          |
|           | 豚レバーチップ      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |                    | 豚肉                                          |
|           | 冷凍とうふ        |   |    |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 大豆                                          |
|           | たまねぎ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | にんじん         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 干しいたけ        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 赤色辛みそ        |   |    |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 大豆                                          |
|           | 三温糖          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | トウバンジャン      |   |    |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 大豆                                          |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | 小麦,大豆                                       |
|           | 片栗粉          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | おろしにんにく      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | おろししょうが      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |
|           | 中華スープの素      |   |    |   |    |    |    |      |     | ×  |       | ×        |         |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | ごま,大豆,豚肉,鶏肉,魚醤パウダー |                                             |
|           | ごま油          |   |    |   |    |    |    |      |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    | ごま                                          |
|           | なたね油         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                             |

×:原材料として使用 △:コンタミネーション

アレルギー詳細献立表（中学校・特支中）

8 / 14 ページ

令和 7 年 7 月 10 日(木)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B 献立

| 料理名   | 材料名            | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | マカダミアナッツ | カシューナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                |
|-------|----------------|---|----|---|----|----|----|-------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------------------|
| ごはん   | 白飯             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
| 牛乳    | 牛乳(学校給食)       |   |    | × |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                       |
| ハンバーグ | デミグラスソースかけ     |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | ハンバーグFe        |   |    |   |    |    |    |       |     |    |       | ×        |         |    |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        | 大豆,豚肉,鶏肉                                |
|       | たまねぎ           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | デミグラスソース       | △ | ×  | △ |    | △  | △  | △     |     |    |       |          |         |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 小麦,鶏肉,△卵,△乳,△えび,△かに,△ピーナッツ              |
|       | トマトケチャップ       |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | ウスターソース        |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | 三温糖            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | なたね油           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
| ゴーヤ   | チャンプル          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | にがうり           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | キャベツ           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | にんじん           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | ブラックマッペもやし     |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | きはだまぐろ                                  |
|       | 冷凍とうふ          |   |    |   |    |    |    |       |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                      |
|       | 炒り卵            | × | ×  | △ |    | △  | △  |       |     | △  |       | ×        |         |    |     |    |     |    | △  |    | △  | △  |      |      |         |    | △   |     |    |         |        | 卵,小麦,大豆,△乳,△えび,△かに,△ごま,△さば,△豚肉,△鶏肉,△りんご |
|       | ごま油            |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                      |
|       | なたね油           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | こいくちしょうゆ       |   | ×  |   |    |    |    |       |     |    |       | ×        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆                                   |
|       | 食塩             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | 白こしょう          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | かつお節粉          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | かつお節                                    |
|       | 顆粒和風だし         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | かつおぶし                                   |
| もずく   | のみそ汁           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | おきなわもずく        |   |    |   |    | △  | △  |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | △えび,△かに                                 |
|       | 若どりむね 皮つき      |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉                                      |
|       | にんじん           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | だいこん           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | こねぎ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | しょうが           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                         |
|       | カット油揚げ         |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                      |
|       | 淡色辛みそ          |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                      |
|       | 赤色辛みそ          |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                      |
|       | 顆粒和風だし         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | かつおぶし                                   |

×: 原材料として使用 △: コンタミネーション

アレルギー詳細献立表（中学校・特支中）

9 / 14 ページ

令和 7 年 7 月 11 日(金)

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全てのアレルギー

コース名: B 献立

| 料理名      | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | マカダミアナッツ | カシューナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレノジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                               | 全ての<br>アレルギー                                         |
|----------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------------------------------------|------------------------------------------------------|
| ラーメン     | 中華めん ゆで         |   | ×  |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                                   |                                                      |
| 牛乳       | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                    |                                                      |
| 揚げぎょうざ   | 地場産ぎょうざ         |   | △  | × | △  |    | △  |       |     |    | ×     |          |         | ×  |     |    |     |    |    | △  | ×  | △  | △    |      |         |    |     | △   |    |         |                                      | 小麦,ごま,大豆,豚肉,<br>△卵,△乳,△えび,<br>△牛肉,△鶏肉,<br>△ゼラチン,△りんご |
|          | なたね油            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
| ビーンズサラダ  | (冷凍)むきえだまめ      |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆,△山芋                               |                                                      |
|          | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                                   |                                                      |
|          | キャベツ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | きゅうり            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | イタリアンドレッシング     |   | ×  |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                                   |                                                      |
| 塩ラーメンスープ | 豚肉              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                   |                                                      |
|          | キャベツ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | チンゲンサイ          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | たまねぎ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | なると             |   |    |   |    |    | △  | △     |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | スケツウ,ｲﾁﾓﾘ,△えび,△かに                    |                                                      |
|          | 鶏豚湯             |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | 小麦,大豆,豚肉,鶏肉                          |                                                      |
|          | ラーメンスープ(塩)      |   | ×  |   |    |    |    |       |     | ×  |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | 小麦,ごま,大豆,豚肉,<br>鶏肉,ほたてエキス,<br>煮干しエキス |                                                      |
|          | 食塩              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
|          | 白こしょう           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                      |                                                      |
| 冷凍みかん    | 冷凍みかん           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | 温州みかん                                |                                                      |

アレルギー詳細献立表（中学校・特支中）

10 / 14 ページ

令和 7年 7月14日(月)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名         | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | マカダミアナッツ | カシューナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                               |
|-------------|--------------|---|----|---|----|----|----|-------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------------------------------------|
| ごはん         | 白飯           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
| 牛乳          | 牛乳(学校給食)     |   |    | × |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                      |
| たちうおフライ     | たちうおフライ      |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | 小麦,大豆,たちうお                             |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
| 中濃ソース(5ml)  | 中濃ソース(5ml)   |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         | ×      | 大豆,りんご,プルーン,レモン                        |
| 小松菜のごまあえ    | こまつな         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | ごま(すり・白)     |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                     |
|             | 上白糖          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆                                  |
| 豚肉と野菜のしょうが煮 | 豚肉           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                     |
|             | さつま揚げ        | △ | ×  | △ |    | △  | △  |       |     | △  |       |          |         | ×  |     | △  |     | △  |    |    |    |    |      |      |         |    |     |     |    |         | ×      | 小麦,大豆,たら,△卵,△乳,△えび,△かに,△ごま,△いか,△さけ,△豚肉 |
|             | じゃがいも        |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | たまねぎ         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | いんげん(冷凍)     |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | しょうが         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | こんにやく        |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | 三温糖          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | 本みりん         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|             | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆                                  |
|             | 顆粒和風だし       |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                                  |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |

アレルギー詳細献立表（中学校・特支中）

11 / 14 ページ

令和 7年 7月15日(火)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名   | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実              | 全てのアレルギー                                          |    |
|-------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------|---------------------------------------------------|----|
| 小背割り  | リコッペパン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     | 小麦,乳,大豆                                           |    |
|       | コッペパン 背割り       |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     | 小麦,乳,大豆                                           |    |
| 牛乳    | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     | 乳                                                 |    |
| カレー   | ウルスト            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | フランクフルト(ポーク)    | △ | △  | △ |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |                     | 大豆,豚肉,△卵,△小麦,△乳                                   |    |
|       | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | カレー粉            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×                   | ちんぴ                                               |    |
|       | 三温糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
| キャベツ  | のマリネ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | マリネドレッシング       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    | ×       | 大豆,りんご,だいだい果汁,レモン果汁 |                                                   |    |
|       | レモン果汁100        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×                   | レモン                                               |    |
|       | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
| シーフーズ | スパゲッティ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | マカロニ・スパゲッティ     |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   | 小麦 |
|       | ベーコン ショルダー      | △ | △  | × |    | △  |    |       |     |    | △     | △       |          | ×  |     | △  |     | △  | △  | △  | ×  | △  |      |      |         |    |     |     |    |         |                     | 乳,大豆,豚肉,△卵,△小麦,△えび,△ごま,△アーモンド,△いか,△さけ,△さば,△牛肉,△鶏肉 |    |
|       | あかいか            |   |    |   |    | △  |    |       |     |    |       |         |          |    |     | ×  |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     | いか,△えび                                            |    |
|       | むきえび2L          |   |    |   |    | ×  |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     | えび                                                |    |
|       | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | ピーマン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | 赤ピーマン           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | マッシュルーム 水煮 缶詰   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | 野菜ブイヨン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | 白ワイン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×                   | ぶどう                                               |    |
|       | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |                                                   |    |
|       | オリーブ油           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×                   | オリーブ                                              |    |

×: 原材料として使用 △: コンタミネーション

アレルギー詳細献立表（中学校・特支中）

12 / 14 ページ

令和 7年 7月 16日(水)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名             | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | マカダミアナッツ | カシューナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全ての<br>アレルギー |
|-----------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------|
|                 |                 |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
| ごはん             | 白飯              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
| コーヒー            | 牛乳              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | ミルメークコーヒー(液体)   |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
| 信田煮             |                 |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 肉詰めいなり          |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         |        |              |
|                 | 三温糖             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 本みりん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
| うま塩             | キャベツ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | きゅうり            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 塩ごまドレッシング       |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        |              |
| とうがんと鶏だんごの中華スープ |                 |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 鶏つみれ            |   | ×  |   |    |    |    |       |     | ×  |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         |        |              |
|                 | とうがん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | たまねぎ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | じゃがいも           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | しょうが            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 冷凍とうふ           |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |
|                 | 鶏がらだし(丸鶏・顆粒)    |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        |              |
|                 | 鶏豚湯             |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         |        |              |
|                 | 白こしょう           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |              |

アレルギー詳細献立表（中学校・特支中）

13 / 14 ページ

令和 7 年 7 月 17 日(木)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B 献立

| 料理名             | 材料名 | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                                | 全ての<br>アレルギー |
|-----------------|-----|---|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------------------------|--------------|
|                 |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 麦ごはん            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 押し麦ご飯(炊き込み)     |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 牛乳              |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 牛乳(学校給食)        |     |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                     |              |
| 夏野菜カレー          |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 豚肉              |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                    |              |
| なす              |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| ズッキーニ           |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| カットかぼちゃ         |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| たまねぎ            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| にんじん            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| ピーマン            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| スイートコーン 冷凍 カーネル |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| カットホールトマト       |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         | △  |     |     |    |         | △もも                                   |              |
| おろししょうが         |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| おろしにんにく         |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| カレールウ(SB甘口)     |     |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | 小麦,乳,大豆,<br>豚肉,鶏肉,山芋                  |              |
| カレールウ(SB中辛)     |     |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | 小麦,乳,大豆,<br>豚肉,鶏肉,山芋                  |              |
| カレールウ(TO)       |     |   | ×  |   |    |    |    |      |     |    |       |          |         | △  |     |    |     |    |    |    | △  | △  |      |      |         |    |     |     |    |         | 小麦,△大豆,△豚肉,△鶏肉                        |              |
| カレー粉            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | ちんぴ                                   |              |
| トマトケチャップ        |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| ウスターソース         |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| なたね油            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 煮たまご            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 鶏卵水煮缶詰          |     |   | ×  |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       | 卵            |
| 三温糖             |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| こいくちしょうゆ        |     |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       | 小麦,大豆        |
| かんてんサラダ         |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 海藻サラダ麺          |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| キャベツ            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| きゅうり            |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 赤ピーマン           |     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                       |              |
| 香味玉葱ドレッシング      |     |   | ×  |   |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  |    |      |      |         |    | ×   |     | ×  | ×       | 小麦,大豆,鶏肉,<br>りんご,ほたてエキス、<br>いりこエキス,ゆず |              |

アレルギー詳細献立表（中学校・特支中）

14 / 14 ページ

令和 7年 7月18日(金)

調理場名: 前橋市東部共同調理場

全てのアレルギー

コース名: B献立

| 料理名            | 材料名             | アレルギー食材 |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     | 全ての<br>アレルギー |     |    |         |                                                               |
|----------------|-----------------|---------|----|---|----|----|----|-------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|--------------|-----|----|---------|---------------------------------------------------------------|
|                |                 | 卵       | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | マカダミアナッツ | カシューナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご |              | バナナ | 山芋 | その他の魚介類 | その他の果実                                                        |
| ソフトフランス        | ソフトフランス         |         | ×  | × |    |    |    |       |     |    |       |          | ×       |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         | 小麦,乳,大豆                                                       |
| 牛乳             | 牛乳(学校給食)        |         |    | × |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         | 乳                                                             |
| チキンのマスタード焼き    | チキンマスタード焼き      | ×       | ×  | × |    |    |    |       |     |    |       |          | ×       |    |     |    |     |    |    |    |    | ×  | ×    |      |         |    | ×   |              |     |    |         | 卵,小麦,乳,大豆,<br>鶏肉,ゼラチン,りんご                                     |
| ラタトゥイユ         | ベーコン ショルダー      | △       | △  | × |    | △  |    |       |     |    | △     | △        |         | ×  |     | △  |     | △  | △  | △  | ×  | △  |      |      |         |    |     |              |     |    |         | 乳,大豆,豚肉,△卵,△小麦,<br>△えび,△ごま,△アーモンド,<br>△いか,△さけ,△さば,<br>△牛肉,△鶏肉 |
|                | 赤ピーマン           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 黄ピーマン           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | なす              |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | ズッキーニ           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | たまねぎ            |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | おろしにんにく         |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | カットホールトマト       |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    | △   |              |     |    |         | △もも                                                           |
|                | トマトピューレー        |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 赤ワイン            |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    | ×       | ぶどう、エルダーベリー                                                   |
|                | 野菜ブイヨン          |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | トマトスープの素        |         | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |              |     |    | ×       | 小麦,大豆,豚肉,鶏肉,<br>オリーブオイル、ワイン                                   |
|                | 三温糖             |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 食塩              |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 白こしょう           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | オリーブ油           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    | ×       | オリーブ                                                          |
| ラビオリスープ(トマトなし) | ラビオリ            | △       | ×  | △ |    |    |    |       |     | △  |       |          |         | △  |     |    |     |    |    | △  | ×  | △  |      |      |         |    |     |              |     |    |         | 小麦,豚肉,△卵,△乳,<br>△ごま,△大豆,<br>△牛肉,△鶏肉                           |
|                | たまねぎ            |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | にんじん            |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | キャベツ            |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | じゃがいも           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | スイートコーン 冷凍 カーネル |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 野菜ブイヨン          |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 食塩              |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 白こしょう           |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
|                | 水               |         |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     |    |         |                                                               |
| 豆乳プリン          | 豆乳プリン           |         |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |              |     | ×  |         | 大豆,貝カルシウム                                                     |