# アレルギー詳細献立表（中学校）

令和 8年11月 2日(月)
全てのアレルギー

調理場名：前橋市南部共同調理
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<br>アレルギー |
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| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| さばのしょうがあんかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩さば（たれかけ用） | | △ | △ | | | | | | △ | △ | | | △ | | △ | | △ | × | | | | | | | | | | | | | さば, △小麦, △乳, △ごま, △アーモンド, △大豆, △いか, △さけ |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブロッコリーのごまマヨあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| | ごま（すり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| | ノンエッグマヨネーズ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| 鶏だんごのみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏つみれ | △ | | △ | | | | | | △ | | | | × | | | | | | △ | △ | × | | | | | | | | | | 大豆, 鶏肉, △卵, △乳, △ごま, △牛肉, △豚肉 |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 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 |

×：原材料として使用　△：コンタミネーション

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| 小黒パン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒パン | | × | × | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| たこ型 | たこ焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たこ形たこ焼き | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | × | 小麦, 大豆, かつおだし、たこ |
| 海鮮塩 | 焼きそば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 焼きそばめん（ハード） | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | あかいか | | | | | △ | | | | | | | | | | × | | | | | | | | | | | | | | | いか, △えび |
| | むきえび２Ｌ | | | | | × | | | | | | | | | | | | | | | | | | | | | | | | | えび |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏がらだし（丸鶏・顆粒） | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あんにんフルーツあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パインアップル缶詰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | パインアップル |
| | もも缶詰 果肉 黄肉種 | | | | | | | | | | | | | | | | | | | | | | | | | × | | | | | もも |
| | 杏仁豆腐 | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | × | 乳, 杏仁パウダー |

×：原材料として使用　△：コンタミネーション

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| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 肉だんごケチャップソース(2) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 肉だんごケチャップ味 | △ | × | △ | | | | | | | | | | × | | | | | | △ | × | × | △ | | | | △ | | | | 小麦, 大豆, 豚肉, 鶏肉, △卵, △乳, △牛肉, △ゼラチン, △りんご |
| チャプチェ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | 緑豆はるさめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | にら | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中華風たまご入りコーンスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンクリームレトルト | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| | 凍結液卵 | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 卵 |
| | かに風味かまぼこ | × | × | × | | | × | | | | | | | × | | | | | | | × | | | | | | | | | × | 卵, 小麦, 乳, かに, 大豆, 豚肉, ｽｹｿｳﾀﾞｳ、ほき、貝ｶﾙｼｳﾑ |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲンサイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏がらだし（丸鶏・顆粒） | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | コーンスープ | | × | × | | | | | | | | | | | | | | | | | | × | | | | | | | | × | 小麦, 乳, 鶏肉, 魚醤パウダー |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |

×：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）

令和 8年11月 6日(金)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
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| うどん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 学校給食用ゆでめん | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| きなこ揚げパン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コッペパン(冷凍) | △ | × | × | | | | | △ | | | | | △ | | | | | | △ | △ | | | | | | △ | | | | 小麦, 乳, △卵, △くるみ, △大豆, △牛肉, △豚肉, △りんご |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きな粉 全粒大豆 | | | | | | | | | △ | △ | | | × | | | | | | | | | | | | | | | | | 大豆, △ごま, △アーモンド |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小松菜のごま酢あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
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| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きのこあんかけうどん汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | 若どりむね 皮つき | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | カット油揚げ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さきしめじ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カットなめこ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さば節 | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | | さば |

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| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| ガパオライスの具 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | 豚肉 |
| | 鶏ひき肉 | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | 乾燥大豆ミンチ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ピーマン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤ピーマン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オイスターソース | | × | | | | △ | | | | | | | × | | | | | | | | | | | | | | | | × | | 小麦, 大豆, かき, △かに |
| | トウバンジャン | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | 鶏がらだし（丸鶏・顆粒） | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜のナムル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| わかめスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 乾燥わかめ | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | | | △えび, △かに |
| | いかボール | △ | △ | △ | | △ | | | | △ | | | | △ | | × | | | △ | △ | △ | △ | | | | | △ | | △ | × | | いか, たら, △卵, △小麦, △乳, △えび, △ごま, △大豆, △さば, △牛肉, △豚肉, △鶏肉, △りんご, △山芋 |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| | 鶏がらだし（丸鶏・顆粒） | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| ヨーグルト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ヨーグルト(Fe) | | | × | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 乳, ゼラチン |

×：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）

令和 8年11月10日(火)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 小ツイストロール | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ツイストロールパン | | × | × | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| コーヒー牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミルメークコーヒー（液体） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| チキンのチーズ焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チキンチーズのオーブン焼き | | × | × | | | | | | | | | | × | | | | | | | | × | | | | | | | | | 小麦, 乳, 大豆, 鶏肉 |
| コーンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ペンネのミートソース煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マカロニ・ペンネ | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | 乾燥大豆ミンチ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | エリンギ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ハヤシルウ(SB) | | × | × | | | | | | | | | | × | | | | | | | × | × | | | | | × | × | | | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ |
| | トマトピューレー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース | | | | | | | | | | | | | | | | | | | | | | | | | | × | | | | りんご |
| | 赤ワイン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | ぶどう、エルダーベリー |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 野菜ブイヨン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

×：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）

令和 8年11月11日(水)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
| あじフライ甘辛ソースかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | あじフィレフライ | △ | × | △ | | △ | | | | △ | △ | | | × | | △ | | △ | △ | | | | | | | | | | | × | | 小麦, 大豆, めあじ, △卵, △乳, △えび, △ごま, △アーモンド, △いか, △さけ, △さば |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウスターソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 秋の香りごはんの具 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さつまいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さきしめじ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カット油揚げ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | まいたけ（青果） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | 豚肉 |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 皮むきさといも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |

×：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）

令和 8年11月12日(木)
全てのアレルギー

調理場名：前橋市南部共同調理
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<br>アレルギー |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 食パン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | | × | × | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| オムレツデミグラスソースかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プレーンオムレツ | × | × | △ | | | | | | | | | | × | | | | | × | | | △ | | | | | | | | × | 卵, 小麦, 大豆, さば, かつお節, △乳, △鶏肉 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | デミグラスソース | | × | | | | | | | | | | | × | | | | | | | × | × | | | | | | | | × | 小麦, 大豆, 豚肉, 鶏肉, ワイン |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウスターソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼうとブロッコリーのサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（すり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | ノンエッグマヨネーズ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミネストローネ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | じゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マカロニ・シェル | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| | カットホールトマト | | | | | | | | | | | | | | | | | | | | | | | | | △ | | | | | △もも |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 野菜ブイヨン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤ワイン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | ぶどう、エルダーベリー |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チョコ大豆クリーム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チョコ大豆クリーム | | △ | × | | | | △ | | △ | △ | | | × | | | | | | | | | | | | | △ | | | | 乳, 大豆, △小麦, △ピーナッツ, △ごま, △アーモンド, △りんご |

×：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）

令和 8年11月13日(金)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
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| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 揚げぎょうざ(2) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 地場産ぎょうざ | △ | × | △ | | △ | | | | × | | | | × | | △ | | | △ | △ | × | △ | △ | | | | △ | | | | 小麦, ごま, 大豆, 豚肉, △卵, △乳, △えび, △いか, △さば, △牛肉, △鶏肉, △ゼラチン, △りんご |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 春雨サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 緑豆はるさめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| 八宝菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | あかいか | | | | | △ | | | | | | | | | | × | | | | | | | | | | | | | | | いか, △えび |
| | うずら卵 水煮缶詰 | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 卵 |
| | なると | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | × | ｽｹｿｳﾀﾞｳ, ｲﾄﾖﾘ, △えび, △かに |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲンサイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オイスターソース | | × | | | | △ | | | | | | | × | | | | | | | | | | | | | | | | × | 小麦, 大豆, かき, △かに |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 中華スープの素 | | | | | | | | | × | | | | × | | | | | | | × | × | | | | | | | | × | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |

×：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）

令和 8年11月16日(月)
全てのアレルギー

調理場名：前橋市南部共同調理
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<br>アレルギー |
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| 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, △乳, △ごま, △大豆, △いか, △さけ, △豚肉, △鶏肉, △ゼラチン, △りんご |
| じゃがいものそぼろ煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | じゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カット油揚げ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| なめこのみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カットなめこ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 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 |

×：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）

令和 8年11月17日(火)
全てのアレルギー

調理場名：前橋市南部共同調理
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<br>アレルギー |
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| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 若鶏のからあげ(2) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮つき | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 粉しょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 切り干し大根のあえもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 切干しだいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トウバンジャン | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| けんちん汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 焼き竹輪 | △ | △ | △ | | △ | | | | | | | | △ | | | | | | | | | | | | | | | | × | ｽｹｿｳ, ﾀｲ, ｻﾝﾏ, ｴｿ, ﾀﾁｳｵ, ﾋｲﾗｷﾞ, △卵, △小麦, △乳, △えび, △大豆 |
| | 皮むきさといも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カット油揚げ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さば節 | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | | さば |

×：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）

令和 8年11月18日(水)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 背割りコッペパン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コッペパン 背割り | | × | × | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| スラッピージョー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | 乾燥大豆ミンチ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトピューレー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウスターソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 野菜ブイヨン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤ワイン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | ぶどう、エルダーベリー |
| | ハヤシルウ(SB) | | × | × | | | | | | | | | | × | | | | | | | × | × | | | | | × | × | | | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| うずらたまご入りABCスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | うずら卵 水煮缶詰 | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 卵 |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マカロニ・アルファベット | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| | 野菜ブイヨン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フルーツヨーグルトあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | もも缶詰 果肉 黄肉種 | | | | | | | | | | | | | | | | | | | | | | | | | × | | | | | もも |
| | パインアップル缶詰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | パインアップル |
| | プレーンヨーグルト | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |

×：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）

令和 8年11月19日(木)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ラーメン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華めん ゆで | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 煮たまご | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏卵水煮缶詰 | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 卵 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| わかめサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 乾燥わかめ | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | | | △えび, △かに |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | | ごま |
| みそラーメンスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | 豚肉 |
| | なると | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | | × | ｽｹｿｳﾀﾞﾗ, ｲﾄﾖﾘ, △えび, △かに |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲンサイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤色辛みそ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | がらスープチキン(液体) | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | 中華スープの素 | | | | | | | | | × | | | | × | | | | | | | × | × | | | | | | | | | × | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー |
| | トウバンジャン | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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）

令和 8年11月20日(金)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 麦ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 押し麦ご飯(炊き込み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 鶏ごぼうカレー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | 若どりむね 皮つき | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | じゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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, 豚肉, 鶏肉, 山芋 |
| | カレールウ(T0) | | × | | | | | | | | | | | △ | | | | | | | △ | △ | | | | | | | | | 小麦, △大豆, △豚肉, △鶏肉 |
| | カレールウ(SBディナー) | | × | × | | | | | | | | | | × | | | | | | | | × | | | | | × | × | | | 小麦, 乳, 大豆, 鶏肉, りんご, バナナ |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウスターソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| だいこんツナマヨサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ツナ缶詰 水煮フレークライト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | きはだまぐろ |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ノンエッグマヨネーズ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みかん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みかん（廃棄率なし） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | みかん |

×：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）

令和 8年11月24日(火)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| こめっこぱん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こめっこぱん | | × | × | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| ジョアプレーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ジョアプレーン | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| チキンナゲット(2･3) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チキンナゲット | × | × | × | | | | | | | | | | × | | | | | | | | × | | | | | | | | | 卵, 小麦, 乳, 大豆, 鶏肉 |
| グリーンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜ベーコンシチュー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| | じゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 普通牛乳 | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| | 生クリーム | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| | コーンスープ | | × | × | | | | | | | | | | | | | | | | | | × | | | | | | | | × | 小麦, 乳, 鶏肉, 魚醤パウダー |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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）

令和 8年11月25日(水)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| もち玄米ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | もち玄米ご飯(炊き込み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| キムタクごはんの具 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | はくさい キムチ | | × | | | | | | | △ | | | | × | | △ | | | | | | | | | | × | | △ | × | | 小麦, 大豆, りんご, おきあみエキス、魚醤, △ごま, △いか, △山芋 |
| | きざみたくあん | | × | | | | | | | × | | | | × | | | | | | | | | | | | | | | | | 小麦, ごま, 大豆 |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| 千草あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ほうれん草 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きのこすいとん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | 若どりむね 皮つき | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | すいとん（地粉） | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さきしめじ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | さば節 | | | | | | | | | | | | | | | | | | × | | | | | | | | | | | | さば |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| レモンソーダゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | レモンソーダゼリー | △ | △ | △ | | | | | | △ | | | | △ | | | | | | | | | △ | △ | | △ | × | | | | × | りんご, レモン果汁, △卵, △小麦, △乳, △ごま, △大豆, △ゼラチン, △オレンジ, △もも |

×：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）

令和 8年11月26日(木)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
| さんまのかば焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さんまでんぷん付き | △ | △ | △ | | △ | | | | △ | △ | | | △ | | △ | | △ | △ | | | | | | | | | | | × | | さんま, △卵, △小麦, △乳, △えび, △ごま, △アーモンド, △大豆, △いか, △さけ, △さば |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 筑前煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 鶏肉 |
| | さつま揚げ | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | × | | ｽｹｿｳﾀﾞﾗ, ｲﾄﾖﾘ, ｴｿ, △えび, △かに |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐と白菜のみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | | 大豆 |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |

×：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）

令和 8年11月27日(金)
全てのアレルギー

調理場名：前橋市南部共同調理
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<br>アレルギー |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 黒米ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒米ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| だし巻きたまご | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だし巻き卵　Q | × | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 卵, 小麦, 大豆, かつお節エキス |
| 大根のあさづけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 穀物酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| まえばし麦豚すきやき | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | しらたき | | | | | | | | | △ | | | | △ | | | | | | | | | | | | | | | | | △ごま, △大豆 |
| | ぶなしめじ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 冷凍とうふ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまいもデザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スイートポテト | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |

×：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）

令和 8年11月30日(月)
全てのアレルギー

調理場名：前橋市南部共同調理
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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 菜めし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 菜飯(混ぜ込み) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | | かつお削り節粉末 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳（学校給食） | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 赤魚の西京焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤魚の西京焼き | | △ | | | | | | | △ | | | | × | | △ | | △ | △ | | | | | | | | △ | | | × | | 大豆, 赤魚, △小麦, △ごま, △いか, △さけ, △さば, △りんご |
| ほうれんそうの磯香あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ほうれん草 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま（いり・白） | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| | 素干し風焼きのり | | | | | △ | △ | | | | | | | | | | | | | | | | | | | | | | | | △えび, △かに |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま油 | | | | | | | | | × | | | | | | | | | | | | | | | | | | | | | ごま |
| 塩ちゃんこ鍋 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | 若どりもも 皮つき | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |
| | 鶏つみれ | △ | | △ | | | | | | △ | | | | × | | | | | | △ | △ | × | | | | | | | | | 大豆, 鶏肉, △卵, △乳, △ごま, △牛肉, △豚肉 |
| | 皮むきさといも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | えのきたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みずな | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かつお節 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | × | かつお |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | うすくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏がらだし（丸鶏・顆粒） | | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 鶏肉 |

×：原材料として使用　△：コンタミネーション