令和 7年12月 1日(月) 全てのアレルギー

| 料理名 | 材料名 | 100 | 小麦 | 型 | そばひ | . h | ピーナッツ | くるみ | アーモンド | カシュー | マカダミアナッツ | 大豆あわび | いか | いくら | 4 4 | さ 4 ば ø | - 豚肉 | 鶏肉 | ゼラチン | | <i>~</i> | りんご | バナナ | 拼臣 | ത | その他の果実 | 全ての アレルギー |
|-------|---------------|-----|----|----------|---------|---------------------------------------|---------|------|-------|------|----------|----------|---------|-----|----------|--------------|---------|------|----------|----------|--------------------|-----|-----|------|----|----------|--|
| ブナノ | (70 100) |)I- | ~ | 70 | .0. 0 | 1.15 | - / / | -/ (| - 1 1 | | | <u> </u> | // | | ., , , | О [P | 3 123 | 15.3 | _ | - - | , , , | | | -, - | AR | $\hat{}$ | |
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| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 天井の | t-h. | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 天丼のたれ | | × | Δ | | Δ | Δ | Δ | | | | × | Δ | | Δ : | × Z | Δ | Δ | Δ . | Δ | | Δ | | Δ | | | 小麦, 大豆, さば, △乳, △えび, △ かに, △ピーナッツ, △くるみ, △ いか, △さけ, △牛肉, △豚肉, △ 鶏肉, △ゼラチン, △オレンジ, △ もも, △りんご, △山芋 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳(学校給食) | | | × | | | | | | | | | L | | | | | | | | | L | | | | | 乳 |
| ラバト | いかのかきあげ50:70 | | | | | | | | | | | | | | | | | | | | | | | • | | • | |
| 7.0.0 | かき揚げ (エビ・イカ) | | × | \neg | × | | | П | | П | \neg | × | T., | П | | \neg | | | \neg | \neg | \neg | Т | П | | | | 小主 うび 十戸 いか |
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| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごまあ | え | | | | | | | | | | | | | | | | | | | | | | | | | | |
| [| ほうれん草(カット) | | | | | Т | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | _ | + | + | | + | | - | + | + | | _ | - | | | -+ | - | + | + | | | - | | |
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| | ごま (すり・白) | | | | | | | ; | Κ . | | | | | | | | | | | | | | | | | | ごま |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ニいくちしょうゆ(1L) | | × | _ | _ | + | | | + | + | \dashv | × | + | | \dashv | + | + | | \dashv | \dashv | + | + | | | | | 小麦. 大豆 |
| | | | ^ | | | | | | | | | ^ | | | | | | | | | | | | | | | 小友, 人豆 |
| 静岡お | でん | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | - | | | _ | | _ | 1 | | | | | |
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| | こんにゃく | | | | | | | | | | | _ | | | _ | | | | _ | _ | 4 | _ | | | | | |
| | まこんぶ | | | | Δ | 2 ۵ | | | | | | | | | | | | | | | | | | | | | △えび, △かに |
| | 揚ボール | 4 | Δ | Δ | | \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ | 7 | | | | , | Δ | Δ | | Δ | | Δ | Δ | Δ | | | | | | × | | たちうお、すけそうたら、 \triangle 卵、 \triangle 小麦、 \triangle 乳、 \triangle えび、 \triangle かに、 \triangle 大豆、 \triangle いか、 \triangle さけ、 \triangle 豚肉、 \triangle 鶏肉、 \triangle ゼラチン |
| | 黒はんぺん | Δ | Δ | | Δ | Δ | 7 | | | | - | Δ | Δ | | | | | | | | | | | Δ | × | | いわし、すけそうたら, △卵, △ 小麦, △えび, △かに, △大豆, △ |
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| | うずら卵 水煮缶詰 | × | | | | | | | | | | | | | | | | | | | | | | | | | 卵 |
| | あおのり | | | | Δ | \ \ \ | 7 | | | | [| | | Ш | | | | | | | | | | | | | △えび, △かに |
| | 食塩 | | | | | \perp | | | | | | | | Щ | | | | | | | | | | | | | |
| | 三温糖 | | | | \perp | \perp | \perp | Ш | | Ш | \Box | \perp | \perp | | \perp | | | | | \perp | \perp | L | L. | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | × | | | | | | | | | $oxed{\mathbb{L}}$ | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | Ι | | | | | | | | | | | | | | | | | | | | | |
| | さば節 | Ī | Δ | | | | | | | 1 T | | Δ | 1 | ΙŢ | | × | | Δ | Γ | | | 1 | | | ΙT | 1 | さば, △小麦, △大豆, △鶏肉 |
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令和 7年12月 2日(火) 全てのアレルギー

| 主しの | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:BR | VΛ |
|------|------------------------|---|-----|----|--------|---|-------|------|-------|---|----|----|-----|----|-----|-----|----|----|-----|------|---|---------|-------------|-----|----|----|----|-----------------------------------|----------------------------------|--------------------|
| 料理名 | 材料名 (70 100) | 卵 | 小麦乳 | そば | えび | | ピーナッツ | くるみま | アーモンド | | ア | 大豆 | あわび | いか | いくる | きさば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | | キウイフルーツ | り ん ご | バナナ | 山芋 | 他の | の他 | 全ての アレルギー | | |
| | 白飯 | П | 1 | 1 | П | | | 1 | | Т | П | | Т | Т | Т | 1 | Т | T | | | Т | | Т | Т | T | | | | | |
| 牛乳 | 口以 | | | - | | | | | | | | _ | | | | | | | | | | | | | | | | | | |
| | 牛乳 (学校給食) | П | × | | | | | Т | | Т | | | Т | Т | | | | Τ | | | | Т | Т | Т | Π | | | 乳 | | |
| 根菜つ | <u> 十孔(子以礼及)</u> くわ | | | ` | | | | _ | | - | | _ | _ | _ | _ | _ | | | | | | | | | | | | 70 | | |
| 10.7 | 根菜つくね(たれ付き) | | Δ | | | | | 7 | 2 | | | × | | | | | Δ | × | × | | | 4 | Δ | ` | | × | | 大豆, 豚肉, 乳 ス, △卵, △リ ムもも, △り | 鳥肉, かつおぶしエ N麦, △ごま, △牛阝 んご | 十 刻, |
| おひた | L | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッぺもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ(1L) | | × | | | | | | | | | × | | | | | | | | | | | | | | | | 小麦, 大豆 | | |
| | 上白糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 花かつお | | | | | | | | | | | | | | | Δ | 1 | | | | | | | | | × | | かつお, Δさ | ば | |
| 呉汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 大豆水煮缶詰 | | | | | | | | | | | × | | | | | | | | | | | | | | | | 大豆 | | |
| | 豚肉 | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん カットごぼう (ささがき) | | | | | | | | | | | | | | | | | | | | | | | | Δ | | | ム山芋 | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カット油揚げ | | | | | | | | | | | × | | | | | | | | | | | | | | | | 大豆 | | |
| | 淡色辛みそ | | | | \Box | | | | | | | X | | | | | | | | | | | | | | | | 大豆 | | |
| | 赤色辛みそ | | | | | | | | | | | × | | | | | | | | | | | | | | | | 大豆 | | |
| | 顆粒和風だし | | | | | | | | | | | | | | | | | | | | | | | | | × | | かつおぶし | | |
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令和 7年12月 3日(水) 全てのアレルギー

| <u> </u> | テレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名・ロ豚立 |
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| | 材料名 | 卵 | 小麦乳 | そば | えび | | ピーナッツ | くるる。 | アーモント | | ミア | 大豆 | あわび | いか | いくら | さけ | さば | 牛,肉 | 豚豚肉 | もラチン | ヹ オレンジ ・ ンジ | キウイフルーツ | ŧŧ | りんご | バナナ | | 他の作 | その他の 全ての 実 アレルギー |
| ロール | パン(50 70) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ロールパン | | ×× | ۲ | | | | | | | | × | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| ジョア | プレーン | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ジョアプレーン | | × | < | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| まぐろ | フライ40・60 | | | | | | | | | | | | | | | | | | | | | ' | ' | | | | | 1.5 |
| | まぐろフライ | Δ | × ∠ | 7 | Δ | | | | | | | × | | | | | | | | | | | | | | | × | 小麦, 大豆, びんながまぐろ、ほ たてエキス, |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カラフ | ルサラダ | | | | • | | • | | | | | | | | | | | | | | | | | | <u> </u> | | | • |
| ,,,,, | きゅうり | | | | | | | Т | | | | | П | | П | П | П | | | | Т | T | I | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | コーンクリームレトルト | | × | 4 | | | | | | | | | | | _ | | | | | | _ | | | | | | | 乳 |
| | 若どりむね 皮つき | | | | | | | | | | | | | | | | | | _ : | × | | | | | | | | 鶏肉 |
| | じゃがいも冷凍ダイス | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 野菜ブイヨン | | | | | | | | | | | | T | | | | | | | | | | | | | | | |
| | コーンスープ | | ×× | < | | | | | | | | | | | | | | | | × | | | | | | | × | 小麦, 乳, 鶏肉, 魚醤パウダー |
| | 普通牛乳 | | × | < | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| | <u>ロニ・ル</u> 白こしょう | | | | \Box | \forall | | \top | \top | \top | T | H | T | \dashv | \dashv | 7 | 7 | | 1 | \top | \top | T | T | | H | 7 | 1 | |
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令和 7年12月 4日(木) 全てのアレルギー

| 全ての | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B献立 |
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| | | | 小 | | 4 | ž | Δ\ | ナッツ | くるみ | | モンド | ナッ | ナッ | * | あわ | L | い | * | * | 生 | 竪を | 单 | ラチ | レンジ | ルーツ | ±. | りんご | バナ | ılı | 魚 | の里 | 全ての アレルギー |
| | 材料名 | 卵 | 麦 | 乳 | そば | び | かに | , y | み | ま | ド | ッ | ッ | 豆 | び | か | 6 | H | ば | 肉 | 肉 | 肉 | シ | ジ | ツ | ŧ | ž | ÷ | 芋 | 類 | 実 | アレルギー |
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| .1 =1 | 白飯 | | | | | | | | | | | | | | | | | Ш | | | | | | | | | | | | | | |
| 牛乳 | 上司 (兴士从本) | _ | | | | | | | | | | | | _ | | | | _ | | | | _ | _ | 1 | _ | _ | 1 | | | _ | 1 | ត្តរ |
| ビビン | 牛乳 (学校給食) | | | × | | | | | | | | | | | | | | _ | | | | | | | | | <u> </u> | | | | | 乳 |
| | <u>ハ</u> 豚ひき肉 | Т | | | | | | | | | | | | | | | | _ | | | × | | Г | Т | Т | Т | T | Ι | | Т | T | 豚肉 |
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| | 赤ピーマン | | | | | | | | | | | | | | | | | | | | | | | | \vdash | | 1 | | | | | 八立 |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | T | T | | | | T | T | |
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| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みじん切りにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま (いり・白) | | | | | | | | | × | | | | | | | | Ľ | | | | | | | | | | | | | | ごま |
| | 三温糖 | | | | | | | | | | | | | | | | | <u></u> | | | | | | | | | - | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | - | | - | | | | | 小麦, 大豆 |
| | 清酒 上撰 鶏がらだし(丸鶏・顆粒) | | | | | | | | | | | | | | | | | ш | | | | × | | | \vdash | - | - | | | | | 殖内 |
| | なたね油 | | | | | | | | | | | | | | | | | H | | | | × | | | \vdash | | - | | | | | 鶏肉 |
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| | 緑豆はるさめ | T | | | | | | | | | | I | | | | | | , | | Π | | | | Τ | Т | T | Ι | Ι | | Т | Τ | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 |
| 水ぎょ | うざスープ | | | | | | | | | | | | | | | | | _ | | | | | | | _ | | | | | | | |
| | スープ用水餃子 | Δ | × | Δ | | Δ | Δ | | | × | | | | × | | | | | | | × | × | | | | | | | | | | 小麦, ごま, 大豆, 豚肉, 鶏肉, △ 卵, △乳, △えび, △かに |
| | にんじん | 1 | | | | | | | | | | | | | | | | <u> </u> | | | | | | 1 | | 1 | | | | | 1 | |
| | キャベツ | - | Ш | | | | | | | | | | | | | | | L | | | | | | 1 | ╀ | 1 | - | | | 1 | 1 | |
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| | <u>チンゲンサイ</u> 鶏がらだし(丸鶏・顆粒) | - | H | | | | | | | | | | | | \dashv | \dashv | | H | | | | × | \vdash | + | + | + | \vdash | 1 | | Ͱ | + | 鶏肉 |
| | 食塩 | - | \vdash | | | | | | | | | | - | | \dashv | \dashv | | \vdash | | | | ^ | | + | + | + | \vdash | 1 | | + | - | 大向 [八] |
| | _{民塩} こいくちしょうゆ | 1- | × | | | | | | | | | | | × | \dashv | \dashv | | H | | | | | | \vdash | \vdash | + | + | | | 1 | - | 小麦, 大豆 |
| | 白こしょう | 1 | $\stackrel{\sim}{\Box}$ | | | | | | | | | | | ^ | | | | | | | | | H | t | † | t | + | | | t | 1 | 11:22, 7/32 |
| 米粉ワ | ッフル | | | | | | _ | | | | | | | | | | | _ | | | | | <u> </u> | _ | _ | | _ | _ | | 1 | | 1 |
| | | × | Δ | Δ | | | | | | | | | | X | | | | | | | | | | | П | | | | | | | 卵, 大豆, △小麦, △乳 |
| | | | _ | _ | | | _ | _ | | | | _ | | • • | | | | _ | | _ | | | _ | _ | _ | _ | _ | _ | <u> </u> | _ | | 3º, 八立, 二·1 久, 二·1 |

令和 7年12月 5日(金) 全てのアレルギー

| 主じの | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | (石:1 | |
|----------|--|-----|-------------------|----|---------|----------|-------|-----|----|----------|----------|----------|----|-----|----------|---------------|---------------|-----|----|----|---|------|---|----------|----------|--------|-----|-------|---------|-----------|-------------|------|------|--|
| 料理名 | 材料名 | KG. | 小麦乳 | そげ | えび | かに | ピーナッツ | くるみ | まご | アー | カシュー | マカダミアナッツ | 大百 | あわび | いか | いくら | させ | せみ | 牛肉 | 豚肉 | 2 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 | ゼラチン | | キウイフルーツ | ŧ | りんご | バナリ | 4 | その世の魚个酒 |) | _ | | | |
| */ | ごはん(70 100) | Alı | 及 九 | 16 | 10.1 | 10 | | 0,5 | σ. | 1. | _ | | V. | 0. | /3. | 51 | 1/ | 165 | M | M | M | | | 7 | 0 | | , - | T 7 | RIZ | , , , , , | | | | |
| 613 | さくらご飯(炊き込み) | | × | T | П | П | | | Т | | | | × | Т | \neg | | \neg | | | | | | | П | Т | Т | | Т | | 小麦. 大豆 | ī | | | |
| 牛乳 | C くりこ数(MCMV) | | ^ | _ | | | | | | | | _ | ^ | _ | _ | _ | _ | | | _ | | | | _ | | | | | _ | 小叉, 八立 | • | | | |
| T+6 | 牛乳 (学校給食) | | × | | П | | | П | П | | Т | Т | Т | Т | \neg | \neg | \neg | | | Т | Т | П | П | Т | Т | Т | | Т | Т | 乳 | | | | |
| ナげの | 千孔(子校相長) みそ煮50·70 | | ^ | | | | | | | | | | | | _ | | _ | | | | | | ! | !_ | | | | | | 76 | | | | |
| 0140 | さばのみそ煮 | | ΔΔ | 1 | 1 1 | | | | | | | Т | × | | \neg | \neg | \neg | X | | П | П | - 1 | | -1 | | _ | | Т | | 大豆, さは | * A /ls | 丰 ^ | 到 | |
| 白芸の | さはのみては | | $\Delta \Delta$ | ١. | | | | | | | | | ^ | | _ | _ | _ | ^ | | | | | | | | | | | | 入豆, ♂ほ | <u>, Δη</u> | 友, 厶 | 孔 | |
| 日来の | あさづけ | | | Т | 1 1 | | Т | | | | | | _ | _ | \neg | $\overline{}$ | \neg | | | - | | | _ | _ | Т | _ | 1 | | _ | | | | | |
| | はくさい | | | + | + | \dashv | _ | - | _ | | _ | _ | + | + | \dashv | \dashv | - | | | | _ | - | - | \dashv | \dashv | + | _ | + | _ | | | | | |
| | はくさい きゅうり みずな 食塩 | | | | | | | - | | | _ | _ | - | - | \dashv | \dashv | \rightarrow | | | | | _ | - | | + | _ | | + | | | | | | |
| | かりな | | | | \perp | _ | | | | | | | - | 4 | 4 | \dashv | _ | | | | | | _ | | _ | 4 | | - | | | | | | |
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| | あさづけの素 | | × | 1 | | _ | | | | _ | | 4 | × | 4 | 4 | \perp | _ | | | | | | | | 4 | 4 | | _ | | 小麦, 大豆 | | | | |
| <u> </u> | ごま (いり・白) | | | | | | | | × | | | | | | 丄 | | | | | | | | | | | | | | | ごま | | | | |
| けんち | <u>ん汁</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 若どりもも 皮なし | | | | | | | | | | | | | | | \sqcup | | | | | × | | | | | | | | | 鶏肉 | | | | |
| | カットさといも(スライス) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | だいこん カットごぼう(ささがき) | | | | | | | | | | | | | | | П | | | | | | | | | | | 4 | Δ | | ム山芋 | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こんにゃく | | | | | | | | | | | | | | T | П | П | | | | | | | | | | | | | | | | | |
| | カット油揚げ | | | | | | | | | | | | × | | T | \neg | \Box | | | | | | | | T | | | | | 大豆 | | | | |
| | こいくちしょうゆ | | × | | | | | T | | | 7 | | × | T | 寸 | \exists | \neg | | | | | | | | 寸 | | | T | | 小麦, 大豆 | | | | |
| | 食塩 | | | | | | | T | | | | | | T | 寸 | \exists | \neg | | | | | | | 1 | 寸 | | | | | | _ | | | |
| | 清酒 上撰 | | | T | | | | | | | | | T | T | 寸 | \exists | \neg | | | | | | | | \dashv | \top | T | T | | | | | | |
| | 顆粒和風だし | | | | | | | | | | | | | | \dashv | \dashv | \neg | | | | | | | | _ | | | ٠, | Κ | かつおぶ | l. | | | |
| | なたね油 | H | | 1 | \Box | \dashv | _ | 7 | 7 | \dashv | \dashv | - | + | + | \dashv | \dashv | \exists | | | | _ | | + | + | \dashv | 1 | | Ť | 1 | 2 00 /3. | | | | |
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令和 7年12月 8日(月) 全てのアレルギー

| <u> </u> | 77 0704 | | | | | | | | | | | | | | | | | | | | | | | | | | | | コ ハゼ・ロ豚立 |
|----------|-----------------|-------------------|----------|--------|----------|----------|--------|--------|--------|--------|-----|----|-----|----|----------|----|----|----|----|--------|-------------------------|---------|---|-----|-----|--------|----------|--------|---------------------|
| 料理名 | 3.材料名 | 9 0 | 小麦乳 | そば | えび | | ピーナッツ | くるみ | アーモント | | ダミア | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 1 ララス | ヹ オ ラ チ ン ジ | キウイフルーツ | | りんご | バナナ | - 1 | 他の | その他の果実 | 全ての アレルギー |
| こめっ | っこぱん(50 70) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こめっこぱん | | ×× | (| | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 乳, 大豆 |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 牛乳 (学校給食) | | × | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| チキ、 | ンのチーズ焼き50・70 | | | - | | | | | | | _ | | | | | | | | | | | | | | | | | | ,,, |
| ' ' ' | チキンチーズのオーブン焼き | | ×× | (T | | | | | | | | × | | | | | | | | × | | | | | | | | | 小麦, 乳, 大豆, 鶏肉 |
| 7-7 | レスローサラダ | | | - 1 | | _ | | | | | _ | | ш | | | _ | _ | | _ | | | | _ | | | | _ | | 1 X, 10, XX, MIP1 |
| | キャベツ | П | | T | П | П | Т | | | | П | | | | | | | | Т | | | 1 | T | | | | Т | Т | |
| | にんじん | H | + | + | | H | - | _ | - | + | - | | | | \vdash | | | - | - | + | + | + | + | | | - | _ | - | |
| | きゅうり | ++ | + | + | \vdash | \vdash | - | + | + | + | - | | | | \vdash | | | - | - | - | + | + | ╁ | | | | + | + | |
| | スイートコーン 冷凍 カーネル | | - | + | | \vdash | - | - | | | - | | | | \vdash | | | - | - | - | - | + | + | | | - | - | - | |
| | コールスロードレッシング | | | | | | | | | | | | | | | | | | | | | | | | | | | × | レモン果汁、パインアップル果 汁 |
| 子 川 - | コンカン | | | | | | | | | | | | | | | | | | | _ | | | 1 | | | | | | 71 |
| | 豚肉 | П | \neg | \top | | | \neg | | | T | | | П | | | | | | × | \neg | _ | _ | Т | | | \neg | Т | | 豚肉 |
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| | 大豆水煮缶詰 | | - | + | | | _ | _ | _ | +- | - | ^ | | | \vdash | | | | _ | _ | + | +- | + | | | - | | - | <u> </u> |
| | たまねぎ | 1 | _ | - | | Ш | _ | _ | _ | | | | | | \vdash | | | | _ | | _ | _ | - | | | | _ | _ | |
| | じゃがいも冷凍ダイス | | | | | | | | | | | | | | ш | | | | | | | 4 | 1 | | | | | | |
| | にんじん | | | | | | | | | | | | Ш | | ш | | | | | | | | | | | | | | |
| | ピーマン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カットホールトマト | | | | | | | | | | | | | | | | | | | | | | Δ | | | | | | △ もも |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろしにんにく | | | | | | | | | | | | | | П | | | | | | | | | | | | | T | |
| | 野菜ブイヨン | | | | | | | 1 | | | | | | | П | | | | | | | | | | | | | T | |
| | 赤ワイン | | | | | | | | | | | | | | П | | | | | | | | | | | | | × | ぶどう、エルダーベリー |
| | チリパウダー | H | | | П | Ħ | 1 | 1 | \top | \top | | П | П | | \sqcap | | | 7 | 7 | \top | \top | \top | t | | | 7 | \dashv | 7 | |
| | 白こしょう | | | | | | | 1 | | | | | | | П | | | | | | | T | | | | | | | |
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令和 7年12月 9日(火) 全てのアレルギー

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| | | | | | | | | Ľ | | | 7 | カシュー | カダミ | | | | | | | | | | | | キウイ | | | | その他の魚介類 | その | |
| | | | | | | | | | , | | アーチー・ | - | アナ | | ь I | ١, | L) | | | | | | ゼミ | オレ | フル | ١, | کر ا | | の角 | 他の | A 0 |
| 料理名 | 材料名 | 卵 | 小麦 | 乳 | そば | えび | かに | ナッツ | くるみ | ごま | モンド | ナッツ | カダミアナッツ | 大豆 | あわび | いか | くら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | チン | オレンジ | Ĩ ŧ ツ ŧ | , , | リバナナ | 山芋 | 介類 | 果実 | 全ての アレルギー |
| ごはん | (70 100) | | | | | | | • | | | | | | | | | | | | | | | | | | | • | | | | |
| | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | • | | | | |
| | 牛乳(学校給食) | | | × | | | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| ぶりの | みそ焼き40・50 | | | | | | | | | | | | | | | | | | | | | | | | | | • | | | | |
| | ぶりのみそ焼き | | Δ | | | | | | | Δ | | | | × | | Δ | - | Δ | Δ | | | | | | | 4 | 7 | | × | | 大豆, ぶり, △小麦, △ごま, △いか, △さけ, △さば, △りんご |
| くきわ | かめのきんぴら | | | | | | | | | | | | | | | | | | | _ | | | | | | | | | | | n, (1), (10,) |
| | くきわかめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | くきわかめ カットごぼう(ささがき) | | | | | | | | | | | | | | | \dashv | | | | | | | | | | | | | | | △山 芋 |
| | にんじん | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | T | | | |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | T | | | | | |
| | 豚肉 三温糖 | | | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 ごま (いり・白) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごま(いり・白) | | | | | | | | | X | | | | | | | | | | | | | | | | | | | | | ごま |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | T | | | | | |
| 鶏だん | ご汁(しょうゆ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏つみれ | | × | | | | | | | × | | | | × | | | | | | | × | × | | | | | | | × | | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイ スターソース |
| | カット油揚げ | | | | | | | | | | | | | × | | | | | | | | | | | | | | | | | 大豆 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | T | | | | | |
| | はくさい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にら | | | | | | | | | | | | | | | | | | | | | | | | | T | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おろししょうが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | İ | | | × | | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かつお節 | | | | | | | | | | | | | | | | | | Δ | | | | | | | T | | L | × | | かつお, ∆さば |

8 / 18 ページ

令和 7年12月10日(水) 全てのアレルギー

| 主しの | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B厭ユ |
|-----|-------------|----------|----------|---------|---------|----|----------|-----|---|------|------|----------|---------|---------|-----|-----|----|----------|----|----|------|------|---|---------|-----|---------|---------|-----|-----------------------|
| 料理名 | 材料名 | <u> </u> | 小麦 | 乳で | えび | かに | ピーナッツ | くるみ | | アーモン | カシュー | マカダミアナッツ | あれる | らいがか | いくら | , a | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | | りんご | バナナ | 山芋 | その他の魚介類 | その他 | |
| うどん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 学校給食用ゆでめん | | × | | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| 牛乳 | | • | | • | | | | | | | • | • | | | | | | | | | | | | | | | | | |
| | 牛乳 (学校給食) | | | × | | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| チーズ | 入りすり身ロール | | | • | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チーズ入りすり身ロール | | | × | Δ | Δ | | | | | | | | | | | | | | | | | | | | | × | | 乳, すけとうだら, △えび, △かに |
| 昆布づ | け | | | • | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩ふき昆布 | | × | | | | | | | | | > | ۲ | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | あさづけの素 | | × | | | | | | | | | > | ۲ | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | ごま(いり・白) | | | | | | | | × | | | | | | | | | | | | | | | | | | | | ごま |
| カレー | うどん汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉 | | | | | | | | | | | | | | | | | | × | | | | | | | | | | 豚肉 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | _ | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | 1 | | | | |
| | カット油揚げ | | | | | | | | | | | > | ۲_ | | | | | | | | | | | | | | | | 大豆 |
| | おろししょうが | | | | | | | | | | _ | | | _ | | | | | | | | _ | | | 1 | | | | |
| | カレールウ(SB甘口) | | × | × | | | | | | | | > | | | | | | | × | | | | | | 1 | × | | | 小麦, 乳, 大豆, 豚肉, 鶏肉, 山芋 |
| | カレールウ(TO) | | × | | 1 | Ш | \sqcup | 4 | | | 4 | | | \bot | | 1 | | <u> </u> | Δ | Δ | 4 | 4 | | 4 | 1 | \perp | - | | 小麦, △大豆, △豚肉, △鶏肉 |
| | こいくちしょうゆ | Ш | × | | 1 | Ш | \sqcup | - | | | 4 | _ > | ۲ | \bot | | | | | | _ | _ | _ | | \perp | 1 | 1 | | | 小麦, 大豆 |
| | 本みりん | | | | 1 | Ш | Ш | | | | 4 | 4 | 4 | \bot | | | | | | | _ | _ | | 4 | 1 | 1 | | | 1 - 1: 281 |
| | 顆粒和風だし | | \vdash | \perp | \perp | Ш | \sqcup | - | | _ | 4 | 4 | \perp | \perp | 1 | - | - | | | _ | 4 | 4 | - | \perp | 1 | - | × | _ | かつおぶし |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

令和 7年12月11日(木) 全てのアレルギー

| 全ての | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B献立 |
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令和 7年12月12日(金) 全てのアレルギー

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令和 7年12月15日(月) 全てのアレルギー

| 松田友 | 材料名 | | 小麦 | | そば | ヹ | か | ピーナッ | くるみ | # r, | アー | カシューナッツ | r | あわび | いか | いく | t | . ₹0. | 4 | 豚肉 | 鶏 | ゼラチ | オレンジ | キウイフルーツもも | £ / | りんご | . П | その他の無介類 |) その | 3 |
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| | かたくちいわし 煮干し | | | | | Δ | Δ | | | | | | | | | ` | | Δ | | | | | | | | | | × | | かたくちいわし, △えび, △かに, △いか. △さば |

令和 7年12月16日(火) 全てのアレルギー

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| 料理名 | 材料名 | ŷŋ. | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アー | カシュー | 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 | 5 l | 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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| | 野菜ブイヨン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | T | T | T | | | | | | | | T | T | T | T | 寸 | T | | | | | | | | | | | | | | |
| | 白こしょう | | T | | | | | | | | | | | | T | | | | | | | | | | | | | | | | | |
| | なたね油 | | L | | | | | | | | | | | | ╝ | | | | | | | | | | | | | | | | | |
| | | _ | _ | _ | _ | | | | _ | | | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | | | | | | |

令和 7年12月17日(水) 全てのアレルギー

| 主じの | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | - | 一人名:B豚エ |
|-----|-----------------|------|-----|----|----|----------|-------|------|-------|----------|----|-----|----|-----|--------|----|----|-----|--------|--------|---------|---|-----|-----|--------|---------|--------------------------|-----------------------|
| 料理名 | 材料名 | in a | 小麦乳 | そば | えび | | ピーナッツ | くるるる | アーモンド | ダミ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚類肉 | もラヂン | | キウイフルーツ | | こうら | バナナ | 4 | その也の魚介類 |) | |
| キャロ | ットピラフ(70 100) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャロットピラフ | | | | | | | | | | × | | | | П | | | : | × | | | | | |) | × | 大豆, 鶏肉, 白身魚 | エキス |
| 牛乳 | | | | | | | | | | | | | | | | | | | • | | | | | · | | | | |
| | 牛乳 (学校給食) | | × | | | | | | | | | | | | | | | | | | | | | | | | 乳 | |
| | オムレツ50・60 | | • | | | | | | | | | | | | _ | | | | | | | | | | | | | |
| | トマトオムレツ50・60 | × | ΔΔ | | | | | | | | × | | | | | Δ | 4 | Δ : | × Z | 7 | | | Δ | | | | 卵, 大豆, 鶏肉, △リば, △豚肉, △ゼラ | 麦, △乳, △さ チン, △りんご |
| まめま | めサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | П | | | | | | | | | | | | | | |
| | きゅうり | | | | | T | | | | | | | | П | П | | | | | | | | | | | | | |
| | スイートコーン 冷凍 カーネル | | | | | | | | | | | | | П | | | | | | | | | | | | | | |
| | 大豆水煮缶詰 | | | | | | | | | | × | | | П | | | | | | | | | | | | | 大豆 | |
| | 減塩和風ドレッシング | | | | | | | | | | | | | П | | | | | | | | | | | - ; | × | かつおぶしエキス | 角撰 |
| きのこ | のドリアソース | | | ' | | | - | | | 1 | | | | | | | | | | | ' | | | | | | 110 | - AN = |
| | 若どりむね 皮つき | | | | | T | | | | | | | | П | | | | 1 | × | | | | | | | | 鶏肉 | |
| | にんじん | | | | | 1 | | | | | | | | Πİ | | | | | | | | | | | | | 7.031. 3 | |
| | にんじん たまねぎ | | | 1 | | 1 | | | | | | | | Πİ | | | | | | 1 | | | | | | | | |
| | チンゲンサイ | | | | | 1 | | | | | | | | П | | | | | | | | | | | | | | |
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| | ぶなしめじ | | | | | | | | | | | | | П | | | | | | | | | | | | | | |
| | マッシュルーム 水煮缶詰 | | | | | 1 | | | | | | | | П | | | | | | | | | | | | | | |
| | 普通牛乳 | | × | | H | T | | T | | † | | | | П | \Box | H | | | | | | | | H | T | 1 | 乳 | |
| | ベシャメルソース | | ×× | _ | H | \dashv | | 1 | | | × | | | 一 | | H | | | | + | T | t | | H | 1 | × | 小麦, 乳, 大豆, ほた | てエキス |
| | 白ワイン | | | | | 1 | | | | | Ħ | | | П | | | | | \top | \top | T | | | | | | ぶどう | , . , |
| | 食塩 | | | | | 1 | | 1 | | 1 | H | | | П | | | | 1 | | | | t | | H | 1 | 1 | .5 / | |
| | 白こしょう | | | | H | \dashv | | 1 | | | | | | Πİ | | H | | | | | I | t | | H | \top | 1 | | |
| | 無発酵バター 有塩バター | | × | t | | 1 | | + | | | | | | П | | | | | | | | t | | | | | 乳 | |
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令和 7年12月18日(木) 全てのアレルギー

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| | | | | | | | Ę | 2 | | アコー | グダミアナッツ | | | | | | | | + | , l | ウィっ | | | | 山芋 | の他の | その他 | |
| | | | الم | | z . | , , | ナッツ | くるみ | _ | ・モンド | ナッ | + | あわび | | ١, | ささげば | # | REF : | もラチン | ر ا ا | - フルーッ | ± | りんご | バ | ılı | 魚 | 他の果実 | 全ての アレルギー |
| | 材料名 | 卵 | 小麦 | 乳 | そばて | ₹ <i>t.</i> ゾ 1: | , こ ッ | み | ごま | ドッ | ý | 豆 | び | から | 5 1 | ナば | 肉 | 肉 | 刺り | ノジ | , , | ŧ | ごご | ナ | 芋 | 類 | 末実 | アレルギー |
| ごはん | (70 100) | | | | | - | | 1 | | | | | | - | - | _ | 1 | | | | | | | | | ı | | |
| 4上元 | 白飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | 井 回 (尚恭 公 会) | | П | × | | _ | _ | _ | | | T | | | _ | _ | | 1 | | | | | 1 | | | | | | 피 |
| ほっけ | 牛乳 (学校給食) のちこうじ焼き40.50 | | | X | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 10.717 | の塩こうじ焼き40·50 ほっけ塩こうじ漬け | | Δ | Т | Т | Т | Т | T | Δ | | 1 | Δ | Т | Δ | | Δ | | | | Т | Т | Π | Δ | | | × | | ほっけ, △小麦, △ごま, △大豆, |
| | はりげ温こうし頂け | | _ | | | | | | _ | | | | | _ | - | _ _ | | | | | | | | | | • | | Δ いか, Δ さけ, Δ さば, Δ りんご |
| ツナこ | まあえ | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | |
| | ほうれん草(カット) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッぺもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | _ | _ | _ | _ | | | | | | | | | | | | | | | | | | | | | |
| | ツナ缶詰 水煮フレークライト | | | | | _ | | | | | | | | | | | | | | | | | | | | × | | きはだまぐろ |
| | ごま (すり・白) | | | | 4 | \perp | + | | × | | | | | | 4 | | | | | _ | - | | | | | | | ごま |
| | 上白糖 | | | 4 | _ | + | + | | | | | | | | + | | | | | | | | | | | | | .v = .v = |
| 台桥丰 | こいくちしょうゆ(1L) 豚と野菜の南蛮煮 | | × | | | | | | | | | × | | | | | | | | | | | | | | | | 小麦, 大豆 |
| 削倘友 | 豚肉 | | | Т | Т | Т | Т | T | | | T | | Т | Т | Т | | 1 | × | Т | Т | Т | Π | | | | I | | 豚肉 |
| | じゃがいも | | | + | + | + | + | | | | | | + | + | + | | | ^ | | | | | H | | | | | 冰 闪 |
| | にんじん | | | | + | | | | | | | | | | | | | | | + | + | | | | | | | |
| | たまねぎ | | \vdash | 1 | \top | + | + | | | | | | _ | + | + | | | | | | | | | | | | | |
| | こんにゃく | | | | | | T | | | | | | | | T | | | | | | | | | | | | | |
| | 生揚げ | | | | | | | | | | | × | | | | | | | | | | | | | | | | 大豆 |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | × | | | | | | | | | | | | | | | | 小麦, 大豆 |
| | トウバンジャン | | | _ | _ | | | | | | | × | | | | | | | | | | | | | | | | 大豆 |
| | 赤色辛みそ | | | | | _ | \perp | | | | | × | | | _ | | | | | | | | | | | | | 大豆 |
| | 片栗粉 | | | | 4 | _ | - | | | | | | _ | - | _ | | | | | _ | - | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| r t u | ラミニゼリー アセロラミニゼリー | | | <u> </u> | - | _ | - | _ | | | 1 | | | - | _ | | _ | | A A | | . 1 | | | | | - 1 | | |
| | アセロフミーセリー | Δ | · | \triangle | | | | | | | | $ \Delta $ | | | | | Δ | | $\triangle \angle$ | 4 | | | Δ | Δ | | | ^ | アセロラ果汁, Δ卵, Δ乳, Δ大 豆, Δ牛肉, Δ豚肉, Δ鶏肉, Δゼ |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | 豆, ムキ肉, ム豚肉, ム鶏肉, ムセ ラチン, ムオレンジ, ムもも, ムり |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | ファン, Δォレンフ, Δਚਚ, Δッ んご, Δバナナ |
| | l . | | | _ | | | | | | | | ш | _ | | | | _ | | | | | _ | ш | | | | | ,, <u>, , , , , , , , , , , , , , , , , ,</u> |

令和 7年12月19日(金) 全てのアレルギー

| エしい | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | コーヘ右・B豚立 |
|-----|---------------|---|----|----|----|----|-------|-----|---|----------|-----|---|-----|----|-----|----|----|----|----|--------|------|--------|-------------|-----|-----|----|---------|--|
| | 材料名 | 卵 | 小麦 | そば | えび | かに | ピーナッツ | くるみ | | オシニー サッツ | . H | | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏 | ゼラチン | ۱. | キ ウイフレーツ もも | りんご | バナナ | 山芋 | その他の魚介類 | で D D D D D D D D D D D D D D D D D D D |
| ラーメ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華めん ゆで | | X | | | | | | | | | | | | | | | | | | | | | | | | | 小麦 |
| コーヒ | 一牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミルメークコーヒー(液体) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 (学校給食) | | | × | | | | | | | | | | | | | | | | | | | | | | | | 乳 |
| 春巻(| 国産野菜)40・60 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 国産野菜春巻 | | × | | | | | | × | | | × | | | | | | | × | × | | | | | | | | 小麦, ごま, 大豆, 豚肉, 鶏肉 |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 切り干 | し大根の中華あえ | | | • | | | | | | | | | | | | | | | | | | | | | | | | · |
| | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブラックマッペもやし | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 切干しだいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん | | | | | | | | | | | | | | | | | | | | | T | | | | | | |
| | 塩ごまドレッシング | | | | | | | | × | | | | | | | | | | | × | | | | | | | | ごま, 鶏肉 |
| 五日ラ | ーメンスープ | | | | | | | | | | | | | | | | | | | _ | | | | | | | | _ 0., 7.9, 1 |
| | 豚肉 | | | | | | | | | | | | | | | | | | × | T | | | | Т | | | | 豚肉 |
| | あかいか | | | | Δ | | | | | | | | | × | | | | | | | | | | | | | | いか, △えび |
| | キャベツ | | | | ┰ | | | 7 | | \top | | | | | | | | | | \top | 1 | \top | \top | T | | | | 7 7 7 7 2 7 2 3 |
| | にんじん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にら | | | | | | | T | | | | | | | | | | | | + | | 1 | \top | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | 1 | \top | | | | | |
| | ラーメンスープ(しょうゆ) | | × | | | | | | | | | × | | | | | | | × | | | | | | | | × | 小麦, 大豆, 豚肉, ほっけエキス、 たらエキス |
| | おろしにんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0.12.10112 | | _ | | | | _ | | _ | | | | | _ | _ | _ | | _ | | | _ | | | | _ | _ | | |

令和 7年12月22日(月) 全てのアレルギー

| 全ての | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B献 |
|--------|------------------------------|---|----|----|----------|------------|-------|-----|----|-------|---------|---------------|---------------|----|-----|----|----|----|------|------|---------------|---------|---------------|----------|-----|---|---------|--|
| | 材料名 (70 100) | 卵 | 小麦 | 乳 | そばて | も か が に | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | てりずミアトツリ | あわび | いか | いくら | さけ | さば | 牛肉 | 豚類肉肉 | もうラン | ゼラ しょう | キザイフルーツ | | りんご | バナナ | | その他の魚介類 | た 0 0 0 2 全ての ミアレルギー |
| _14/ | /(/0 100) 白飯 | 1 | П | | | | 1 | 1 | | | | | $\overline{}$ | Т | 1 | | | | | _ | _ | _ | \neg | Г | | | | |
| 丰乳 | 口 | | | | | | | | | | | | | _ | | | | | | | | | | | | | | |
| 一子し | 牛乳 (学校給食) | Г | П | × | | _ | 1 | Ι | П | | Т | $\overline{}$ | _ | Т | 1 | | П | | | _ | $\overline{}$ | _ | $\overline{}$ | 1 | | Т | | 乳 |
| ハギナ | <u>十孔(子校和長)</u> ゃひき肉フライ | | ш | ^ | _ | | | | | | | | | | _ | _ | | | | _ | | | | <u> </u> | Ш | | | - |
| 1.19.0 | | _ | × | ٨١ | Τ, | | . | Ι | | | | × | , | Т | T | | | | × | | 1 | 1 | Т | × | | | | 小麦, 大豆, 豚肉, りんご, △卵, ∠ |
| | must be be by Ji | | ^ | | 4 | 4 | ` | | | | | ^ | ` | | | | | | ^ | | | | | ^ | | | | 1 1 1 1 1 1 1 1 1 1 |
| | なたね油 | | | - | \dashv | + | | | | | + | + | | | | | | | - | + | + | + | + | | | - | + | 7L, A 2 O, A 3 1 C |
| 1 4 | <u>,んきんぴら</u> | _ | | | | | | | | _ | | | | | _ | | | _ | | _ | _ | | | | ш | | | |
| U/U C | カムこん (生) | | П | | Т | Т | T | Т | | | | Т | | Т | Т | | | | | | Т | Т | \top | Ι | | Т | Т | |
| | れんこん (生) カットごぼう (ささがき) | | | | | | | | | | | | | | | | | | | | | | | | | Δ | | △山芋 |
| | にんじん | | | | _ | \top | | | | | | | | | | | | | | | \top | + | + | | | = | | , |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | × | | | | | | | | | 豚肉 |
| | ごま(いり・白) | | | T | | | | | × | | | | | | | | | | | T | T | T | | | | | | 豚肉ごま |
| | 三温糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | > | ۲ | | | | | | | | | | | | | | | 小麦, 大豆 |
| | 本みりん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| : うふ | のすまし汁 | | | | | | | | | | • | | | | | | | | • | | | | | | | | • | |
| | 冷凍とうふ(3種強化) | | | | | | | | | | | > | < | | | | | | | | | | | | | | | 大豆 |
| | だいこん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんじん こまつな 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こまつな | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 根深ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干ししいたけ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | こいくちしょうゆ | | × | | | | | | | | | > | ۲ | | | | | | | | | Ι | | | | | | 小麦, 大豆 |
| | 清酒 上撰 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さば節 | | Δ | | | | | | | | | Δ | 7 | | | | X | | | 7 | | | | | | | | さば, △小麦, △大豆, △鶏肉 |
| ずゼ | リー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゆずゼリー | | | | | | | | | | | | | L | L | | | | | | | ╧ | | | | | > | く ゆず果汁 |

令和 7年12月23日(火) 全てのアレルギー

| 主しの | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B厭立 |
|-----|-------------------------------|----------|--------------|----------|-----------------|----------|----------|-------|-----|----------|----------|---------|----------|-----------------------|---------|-----|----------------|---------------|----|----------|------|------|------|----------|----------|----------|----------|----------|---------|----------|--|
| 料理名 | 材料名 | <u> </u> | 小麦 | 148 | そば | えび | かに | ピーナッツ | くるみ | ごま | ア | カシューナッツ | マカダミアナッツ | カ 大 え え れ | 5 l | いくら | , 5 | * t | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | . | りんご | バナナ | | その他の魚介類 | その他の果実 | 全ての アレルギー |
| | 横切り(50 70) | 21- | ~ | 70 | 10. | 0 | ,,, | | ٠, | ٠. | - | | - . | | , , ,,, | | 1 ., | , ,,,, | Pa | PY | 17.3 | _ | | | Ü | | | , | ΛR | ^ | , - , , |
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| | たまねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | デミグラスソース | Δ | × | Δ | | Δ | Δ | Δ | | | | | | | | | | | | | × | | | | | | | | | | 小麦, 鶏肉, △卵, △乳, △えび, △ かに, △ピーナッツ |
| | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 和風玉葱ドレッシング | | × | | | | | | | | | | | × | | | | | | | × | | | | | × | | | × | | 小麦, 大豆, 鶏肉, りんご, かつおぶし、ほっけ、スケトウダラ, レモン 果汁 |
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| | ウインナー(鉄分酵母) カット | | Δ | | | | | | | | | | 4 | Δ | | | | | Δ | × | Δ | | | | | | | | | | 豚肉, △小麦, △大豆, △牛肉, △ 鶏肉 |
| | じゃがいも冷凍ダイス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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令和 7年12月24日(水) 全てのアレルギー

| 全ての | アレルキー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | コース名:B献立 |
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