

## アレルギー詳細献立表（中学校）

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令和 8年 2月 2日(月)

調理場名：前橋市北部共同調理

## 全てのアレルギー

コース名：B献立

[illegible]

×：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）

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令和 8年 2月 3日(火)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名    | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー |
|--------|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------|
| ごはん    | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
| 牛乳     | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳        |
| うま塩    | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | 塩ごまドレッシング    |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | ごま, 鶏肉   |
| 麻婆豆腐   | 豚ひき肉         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉       |
|        | 乾燥大豆ミンチ      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|        | 冷凍とうふ（3種強化）  |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|        | たけのこ水煮（短冊）   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | にら           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | 干ししいたけ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | おろししょうが      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | みじん切りにんにく    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|        | 三温糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | トウバンジャン      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|        | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆   |
|        | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉       |
|        | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|        | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
| りんごタルト | 国産りんごのタルト    |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         |        | 大豆, りんご  |

×：原材料として使用 △：コンタミネーション

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令和 8年 2月 4日(水)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名      | 材料名         | 全ての<br>アレルギー |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|----------|-------------|--------------|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|------------------------------------------------------------|
|          |             | 卵            | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | 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                                                     |
| ごはん      | (70 100)    |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | 白飯          |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
| 牛乳       |             |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | 牛乳（学校給食）    |              |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                                          |
| にしんの竜田揚げ | にしん竜田揚げ     |              | ×  | △ |    |    |    |       | △   |    |       | ×       |          | △  |     | △  | △   |    | △  | △  | △  |    |      |      |         | △  |     |     | ×  |         | 小麦, 大豆, にしん, △乳, △ごま, △いか, △さけ, △さば, △豚肉, △鶏肉, △ゼラチン, △りんご |
|          | なたね油        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          |             |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
| 筑前煮      | 若どりもも 皮なし   |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 鶏肉                                                         |
|          | 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       |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | なたね油        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
| 顆粒和風だし   |             |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     | ×   |    | かつおぶし   |                                                            |
| ふのみそ汁    | 焼きふ         |              | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                                                         |
|          | キャベツ        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | にんじん        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | じゃがいも冷凍ダイス  |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | 根深ねぎ        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | こまつな        |              |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                            |
|          | カット油揚げ      |              |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 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

アレルギー詳細献立表（中学校）

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令和 8年 2月 5日(木)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名         | 材料名                | 全ての<br>アレルギー |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|-------------|--------------------|--------------|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------------------|
|             |                    | 卵            | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 |                                            |
| ごはん(70 100) | 白飯                 |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| 牛乳          | 牛乳（学校給食）           |              |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                          |
| みそカツ        | チキンカツ              | △            | ×  | △ |    |    | △  |      |     | △  |       |         |          | ×  |     |    |     |    |    | △  | △  | ×  | △    |      |         |    |     |     |    |         |        | 小麦, 大豆, 鶏肉, △卵, △乳, △かに, △ごま, △牛肉, △豚肉, △ゼ |
|             | なたね油               |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | こいくちしょうゆ           |              | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                     |
|             | 赤色辛みそ              |              |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                         |
|             | 本みりん               |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | 三温糖                |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | 顆粒和風だし<br>ごま（いり・白） |              |    |   |    |    |    |      |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし<br>ごま                                |
| キャベツの昆布づけ   | キャベツ               |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | きゅうり               |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | みずな                |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
|             | 塩ふき昆布              |              | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                     |
|             | あさづけの素             |              | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                     |
|             | ごま油                |              |    |   |    |    |    |      |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                         |
|             | きしめん               | 若どりむね 皮なし    |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                                            |
| 冷凍ほうとうめん    |                    | △            | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, △卵                                     |
| にんじん        |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| 根深ねぎ        |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| こまつな        |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| 干しいたけ       |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| カット油揚げ      |                    |              |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                         |
| 梅かまぼこ       |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         |        | スナガワ                                       |
| こいくちしょうゆ    |                    |              | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                     |
| 食塩          |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| 清酒 上撰       |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                            |
| かつお節        |                    |              |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつお                                        |

×：原材料として使用 △：コンタミネーション

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令和 8年 2月 6日(金)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名               | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                                  | 全ての<br>アレルギー |
|-------------------|-----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------------------------|--------------|
| チョコチップパン(50 70)   | チョコチップパン        |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆                               |              |
| 牛乳                | 牛乳(学校給食)        |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                       |              |
| スパニッシュオムレツ50・62.5 | スパニッシュオムレツ      | × |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 卵, 乳, 豚肉                                |              |
| ブロッコリーのサラダ        | ブロッコリーカット       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | キャベツ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | きゅうり            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | 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, スクワッド, レモン |              |
| ポークビーンズ           | 豚肉              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                      |              |
|                   | 大豆水煮缶詰          |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                                      |              |
|                   | じゃがいも冷凍ダイス      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | ピーマン            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | おろしにんにく         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | カットホールトマト       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         | △  |     |     |    |         | △もも                                     |              |
|                   | トマトピューレー        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | トマトケチャップ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | ウスターソース         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | 野菜ブイヨン          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | 白こしょう           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |
|                   | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                         |              |

アレルギー詳細献立表（中学校）

6 / 18 ページ

令和 8年 2月 9日(月)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名           | 材料名        | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                              | 全てのアレルギー |
|---------------|------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-------------------------------------|----------|
| こめっこぱん(50・70) | こめっこぱん     |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆                           |          |
| 牛乳            | 牛乳（学校給食）   |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                   |          |
| まぐろ           | フライ40・60   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | まぐろフライ     | △ | ×  | △ | △  |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | 小麦, 大豆, ぴんながまぐろ、ほたてエキス, △卵, △乳, △えび |          |
|               | なたね油       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
| グリーン          | サラダ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | キャベツ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | きゅうり       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | ほうれん草（カット） |   |    |   |    |    |    |       |     |    |       |         |          | △  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | △大豆                                 |          |
|               | 減塩和風ドレッシング |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | かつおぶしエキス、魚醤                         |          |
| 前橋麦           | 豚の和風ポトフ    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | 豚肉         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                  |          |
|               | たまねぎ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | にんじん       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | はくさい       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | だいこん       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | じゃがいも冷凍ダイス |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | 野菜ブイヨン     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     |          |
|               | 淡色辛みそ      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                     | 大豆       |
|               | 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 2月10日(火)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B献立

| 料理名           | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いくら | 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 (70 100) | 押し麦ご飯(炊き込み)     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
| 牛乳            | 牛乳 (学校給食)       |   |    | × |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                     |
| チーズサラダ        | キャベツ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | きゅうり            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | ダイスチーズ          |   |    | × |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                     |
|               | コーンクリーミードレッシング  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | プルーンピューレ、レモン果汁        |
| チキンカレー        | 若どりむね 皮なし       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉                    |
|               | じゃがいも冷凍ダイス      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | 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     |
|               | カットホールトマト       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         | △  |     |     |    |         |        | △もも                   |
|               | トマトケチャップ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | ウスターソース         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
|               | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |
| シークワーサーゼリー    | シークワーサーゼリー      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | シークワーサー果汁             |

アレルギー詳細献立表（中学校）

8 / 18 ページ

令和 8年 2月12日(木)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名         | 材料名      | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                       |
|-------------|----------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------|
| ごはん(70 100) | 白飯       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
| 牛乳          | 牛乳（学校給食） |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                              |
| ぶりのみそ焼き     | ぶりのみそ焼き  |   | ×  |   |    |    |    |       |     | △  |       |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, ぶり, △ごま, △いか, △さけ, △さば |
| 五目きんぴら      | ごぼう      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | にんじん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | こんにゃく    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | 豚肉       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                             |
|             | 大豆水煮缶詰   |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                             |
|             | ごま（いり・白） |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                             |
|             | 三温糖      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | こいくちしょうゆ |   | ×  |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                         |
|             | 清酒 上撰    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | なたね油     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
| 鶏団子汁        | 鶏つみれ     |   | ×  |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    | ×       |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース   |
|             | チンゲンサイ   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | にんじん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | はくさい     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | 根深ねぎ     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | 干ししいたけ   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | こいくちしょうゆ |   | ×  |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                         |
|             | 清酒 上撰    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | 食塩       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |
|             | かつお節     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつお                            |

×：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）

9 / 18 ページ

令和 8年 2月13日(金)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名  | 材料名            | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                            | 全てのアレルギー |
|------|----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------------------|----------|
| うどん  | 学校給食用ゆでめん      |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                                |          |
| 牛乳   | 牛乳（学校給食）       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                 |          |
| かぼち  | やひき肉フライ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | かぼちやひき肉フライ     | △ | ×  | △ |    | △  | △  |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         | 小麦, 大豆, 豚肉, りんご, △卵, △乳, △えび, △かに |          |
|      | なたね油           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
| ひじきの | のツナあえ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | キャベツ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | きゅうり           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |                                   |          |
|      | ひじき水煮          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | きはだまぐろ                            |          |
|      | 香りごまドレッシング     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                                |          |
| きつね  | うどん汁           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 豚肉             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                |          |
|      | にんじん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 根深ねぎ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | だいこん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 干ししいたけ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 油揚げ            |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆, △ごま, △山芋                      |          |
|      | こいくちしょうゆ       |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                            |          |
|      | 食塩             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 清酒 上撰          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                   |          |
|      | 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）

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令和 8年 2月16日(月)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名    | 材料名           | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いくら | 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            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
| コーヒー牛乳 | ミルメークコーヒー（液体） |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 牛乳（学校給食）      |   |    | × |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                            |
| ガパオ    | ライスの具         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 豚ひき肉          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                           |
|        | 乾燥大豆 ミンチ      |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                           |
|        | たまねぎ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | ピーマン          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 赤ピーマン         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | みじん切りにんにく     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 食塩            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 三温糖           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | こいくちしょうゆ      |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                       |
|        | オイスターソース      |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         |        | 小麦, 大豆, かき                   |
|        | バジル（乾燥）       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | なたね油          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
| 春雨     | サラダ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 緑豆はるさめ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 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                           |
| 豆腐     | のスープ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 鶏つみれ          |   | ×  |   |    |    |    |      |     | ×  |       |         |          | ×  |     |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース |
|        | チンゲンサイ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | だいこん          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | にんじん          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 干ししいたけ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 冷凍とうふ（3種強化）   |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                           |
|        | おろししょうが       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|        | 鶏がらだし（丸鶏・顆粒）  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                           |
|        | こいくちしょうゆ      |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                       |
|        | 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 2月17日(火)

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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(70 100)       | 白飯            |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
| 牛乳                | 牛乳(学校給食)      |   |    | × |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳        |                             |
| 若鶏のねぎソースかけ        | 若どりもも 皮つき     |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉       |                             |
|                   | 清酒 上撰         |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 粉しょうが         |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 片栗粉           |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | なたね油          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 根深ねぎ          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 三温糖           |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | こいくちしょうゆ      |   | ×  |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆    |                             |
| 穀物酢               |               |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | ごま油           |   |    |   |    |    |     |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま       |                             |
| キムチあえ(幼:キャベツの塩もみ) | キャベツ          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | きゅうり          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | みずな           |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 食塩            |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | キムチの素         |   |    |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         |        |          | 大豆,りんご                      |
|                   | あさづけの素        |   | ×  |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 小麦,大豆                       |
| さいものみそ汁           | カットさいとも(スライス) |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | にんじん          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 根深ねぎ          |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | ぶなしめじ         |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | こんにゃく         |   |    |   |    |    |     |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                             |
|                   | 冷凍とうふ(3種強化)   |   |    |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                          |
|                   | 赤色辛みそ         |   |    |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                          |
|                   | 淡色辛みそ         |   |    |   |    |    |     |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 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）

12 / 18 ページ

令和 8年 2月18日(水)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名 | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | 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 |
|-----|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------|--------------|
|     |              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
| 背割り | コッペパン(50 70) |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | コッペパン 背割り    |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 乳, 大豆    |
| 牛乳  | 牛乳(学校給食)     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳            |
| 前橋五 | 目焼きそば(バット)   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 焼きそばめん(ハード)  |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆       |
|     | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         |        | 豚肉           |
|     | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | オイスターソース     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | 小麦, 大豆, かき   |
|     | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆       |
|     | おろしにんにく      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 鶏がらだし(丸鶏・顆粒) |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 鶏肉           |
|     | 白こしょう        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
| アセロ | ラゼリーあえ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 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           |
|     | カットゼリー(アセロラ) |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         | ×   |     |    |         | ×      | りんご, アセロラ    |
| 中華卵 | スープ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 乾燥わかめ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 干しいたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 冷凍とうふ(3種強化)  |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆           |
|     | 凍結液卵         | × |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 卵            |
|     | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆       |
|     | 鶏がらだし(丸鶏・顆粒) |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 鶏肉           |
|     | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |              |
|     | 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 2月19日(木)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名          | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | 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(70 100)  | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
| 牛乳           | 牛乳(学校給食)     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                                           |
| あじの一夜干し40・60 | あじ一夜干し       |   | △  | △ |    |    |    |       |     | △  |       |         |          | △  | △   | △  | △   | △  | △  | △  | △  | △  |      |      |         | △   |     |    | ×       |        | あじ, △小麦, △乳, △ごま, △大豆, △いか, △さけ, △さば, △豚肉, △鶏肉, △ゼラチン, △りんご |
| のり酢あえ        | ほうれん草(カット)   |   |    |   |    |    |    |       |     |    |       |         |          | △  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | △大豆                                                         |
|              | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | 素干し風焼きのり     |   |    |   |    |    | △  | △     |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | △えび, △かに                                                    |
|              | 穀物酢          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆                                                      |
|              | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | ごま                                                          |
| tonton汁      | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         |        | 豚肉                                                          |
|              | 冷凍とうふ(3種強化)  |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                                                          |
|              | カット油揚げ       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                                                          |
|              | すいとん(地粉)     |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦                                                          |
|              | 冷凍ミートボール(鉄)  | △ | △  | △ |    |    | △  | △     |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |     |     |    |         |        | 大豆, 豚肉, 鶏肉, △卵, △小麦, △乳, △えび, △かに                           |
|              | こんにゃく        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | ごぼう          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | ぶなしめじ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | えのきたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | 無発酵バター 有塩バター |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                                           |
|              | しょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                             |
|              | 淡色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                                                          |
|              | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                                                          |
|              | 顆粒和風だし       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | かつおぶし                                                       |

アレルギー詳細献立表（中学校）

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令和 8年 2月20日(金)

調理場名：前橋市北部共同調理

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| 料理名      | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに  | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                        | 全てのアレルギー                    |
|----------|-----------------|---|----|---|----|----|-----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-------------------------------|-----------------------------|
| わかめ      | ごはん(70 100)     |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
| わかめ      | わかめご飯(混ぜ込み)     |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
| 牛乳       |                 |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | 牛乳(学校給食)        |   |    | × |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                             |                             |
| 甘酢肉      | 団子(2.3)         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | 甘酢肉団子           |   |    |   |    |    |     |      |     | ×  |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    | ×   |     | ×  |         | ごま, 大豆, 豚肉, 鶏肉, りんご, オイスターエキス |                             |
| れんこん     | ツナマヨサラダ         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | れんこん水煮          |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | キャベツ            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | きゅうり            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | スイートコーン 冷凍 カーネル |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | ツナ缶詰 水煮フレークライト  |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |                               |                             |
|          | ごま(すり・白)        |   |    |   |    |    |     |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | きはだまぐろ                        |                             |
|          | ノンエッグマヨネーズ      |   |    |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |                             |
|          | 上白糖             |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               | 大豆                          |
|          | こいくちしょうゆ(1L)    |   | ×  |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               | 小麦, 大豆                      |
| 高野豆腐のみそ汁 |                 |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | 凍り豆腐(細切り)       |   |    |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               | 大豆                          |
|          | にんじん            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | だいこん            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | 根深ねぎ            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | こまつな            |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | 皮むきさといも         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |                             |
|          | カット油揚げ          |   |    |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               | 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

アレルギー詳細献立表（中学校）

令和 8年 2月24日(火)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名 | 材料名           | アレルギー食材 |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|-----|---------------|---------|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------|---------------------------|
|     |               | 卵       | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | 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 | (70 100)      |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | 白飯            |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
| 牛乳  |               |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | 牛乳（学校給食）      |         |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                         |
| さばの | スタミナ焼き40・50   |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | さばのスタミナ焼き     |         | ×  |   |    |    |    |      | △   |    |       |         | ×        |    | △   |    | △   | ×  |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆, さば, △ごま, △いか, △さけ |
| おかか | こんにやく         |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | こんにやく         |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | にんじん          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | カットさつま揚げ      |         |    |   |    | △  | △  |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | ﾄﾏﾄ, ﾍﾞﾝﾓﾝﾄﾞ, △えび, △かに    |
|     | 花かつお          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     | △  |    |    |    |    |      |      |         |     |     | ×  |         |        | かつお, △さば                  |
|     | 三温糖           |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | こいくちしょうゆ      |         | ×  |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆                    |
|     | なたね油          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
| キャベ | 豚汁            |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | 豚肉            |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         |        | 豚肉                        |
|     | にんじん          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | キャベツ          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | 根深ねぎ          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | こまつな          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | カットさといも（スライス） |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | 木綿豆腐          |         |    |   |    |    |    |      | △   |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |     |     | △  |         |        | 大豆, △ごま, △山芋              |
|     | 淡色辛みそ         |         |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                        |
|     | 赤色辛みそ         |         |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                        |
|     | 顆粒和風だし        |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     | ×  |         |        | かつおぶし                     |
|     | なたね油          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
| ㊤りん | ごゼリー          |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                           |
|     | すりおろしりんごゼリー   |         |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     | ×   |    |         |        | りんご                       |

アレルギー詳細献立表（中学校）

16 / 18 ページ

令和 8年 2月25日(水)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名  | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレノジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                           |
|------|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------------|
| ラーメン | 中華めん ゆで      |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                                 |
| 牛乳   | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                  |
| ココア  | 揚げパン         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | コッペパン(冷凍)    | △ | ×  | × |    |    |    |       | △   |    |       |         | △        |    |     |     |    |    | △  | △  |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, △卵, △くるみ, △大豆, △牛肉, △豚肉     |
|      | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | ビュアココア       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
| パン   | パンジーサラダ      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 切干しだいこん      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | とりささみ サラダ用   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                 |
|      | パンパンジードレッシング | × |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, ごま, 大豆                         |
| 塩バター | ラーメンスープ      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                 |
|      | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | チンゲンサイ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | おろしにんにく      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                 |
|      | ラーメンスープ（塩）   | × |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, ほたてエキス, 煮干しエキス |
|      | 白こしょう        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                    |
|      | 無発酵バター 有塩バター |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                  |
|      | 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 2月26日(木)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B献立

| 料理名                  | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | 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 |
|----------------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|----------------------------------|--------------|
|                      |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
| 丸パン横切り (50 70)       | 丸パン横切り          |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 乳, 大豆                        |              |
| 牛乳                   | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 乳                                |              |
| ハンバーグデミグラスソースかけ60・80 | ハンバーグFe         |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |     |     |    |         | 大豆, 豚肉, 鶏肉                       |              |
|                      | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | デミグラスソース        | △ | ×  | △ |    | △  | △  | △     |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |     |     |    |         | 小麦, 鶏肉, △卵, △乳, △えび, △かに, △ピーナッツ |              |
|                      | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | 三温糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
| まめまめサラダ              | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 大豆                               |              |
|                      | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | 減塩和風ドレッシング      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     | ×  |         | かつおぶしエキス、魚醤                      |              |
| コーンクリームスープ           | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | コーンクリームレトルト     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | 若どりむね 皮なし       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         | 鶏肉                               |              |
|                      | じゃがいも冷凍ダイス      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | パセリ             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | 野菜ブイヨン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | コーンスープ          |   | ×  | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     | ×  |         | 小麦, 乳, 鶏肉, 魚醤パウダー                |              |
|                      | 普通牛乳            |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 乳                                |              |
|                      | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |
|                      | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                  |              |

アレルギー詳細献立表（中学校）

18 / 18 ページ

令和 8年 2月27日(金)

調理場名：前橋市北部共同調理

全てのアレルギー

コース名：B 献立

| 料理名            | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いくら | 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                                                 |
|----------------|-----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------------------------------------------------------|
| さくらごはん(70 100) | さくらご飯(炊き込み)     |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                   |
| 牛乳             | 牛乳（学校給食）        |   |    | × |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                        |
| 厚焼き            | たまご (Fe. Ca)    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | 厚焼きたまご (Fe. Ca) | × | ×  | △ |    | △  | △  |      |     | △  |       |         |          | ×  |     |     |    | △  |    | △  | △  |      |      |         |    | △   |     |    | ×       |        | 卵, 小麦, 大豆, かつおだし, △乳, △えび, △かに, △ごま, △さば, △豚肉, △鶏肉, △りんご |
| 三色あえ           | ほうれん草（カット）      |   |    |   |    |    |    |      |     |    |       |         |          | △  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | △大豆                                                      |
|                | 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                                                       |
| 厚揚げ            | と野菜の南蛮煮         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | 豚肉              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                       |
|                | じゃがいも           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | ごぼう             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | こんにゃく           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | 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           |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                       |
|                | 片栗粉             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |
|                | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                          |

×：原材料として使用 △：コンタミネーション