

アレルギー詳細献立表（中学校）

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令和 7年 5月 1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<br>アレルギー |
|-------------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------------|--------------|
|             |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| ごはん(70 100) |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| 白飯          |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| 牛乳          |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| 牛乳（学校給食）    |             |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                           |              |
| 和風ハンバーグ     | かぶと型ハンバーグ   |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | 大豆, 豚肉, 鶏肉                  |              |
|             | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                      |              |
|             | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 顆粒和風だし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | かつおぶし                       |              |
|             | 片栗粉         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| たけのこごはんの具   | 鶏ひき肉        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         | 鶏肉                          |              |
|             | カット油揚げ      |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |              |
|             | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | たけのこ ゆで     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                      |              |
|             | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 顆粒和風だし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | かつおぶし                       |              |
| かきたまみそ汁     | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | にら          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | だいこん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 干しいたけ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 凍結液卵        |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 卵                           |              |
|             | 冷凍とうふ（3種強化） |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 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 |              |
|             | こどもの日ゼリー    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| こどもの日ゼリー    |             |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         | ×  |     |     | ×  |         | 大豆, りんご果汁, レモン果汁            |              |

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令和 7年 5月 2日(金)

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全てのアレルギー

コース名：B 献立

| 料理名         | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | 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                               |
| かつお         | の竜田揚げ40・50   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | かつおの竜田揚げ     |   | ×  |   |    |    |    |       |     | △  |       |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, かつお, △ごま, △いか, △さけ, △さば |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
| キャベツ        | のごまあえ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | ごま（すり・白）     |   |    |   |    |    |    |       |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                              |
|             | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                          |
| 上白糖         |              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
| 高野豆腐        | のみそ汁         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | 凍り豆腐（短冊）     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                              |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | じゃがいも        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|             | 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 7年 5月 7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 | 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                |
|-----------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------|
| 発芽玄米ごはん(70 100) | 発芽玄米ごはん(炊き込み)   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| 牛乳              | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                           |
| ハッシュドボーク        | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                          |
|                 | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | マッシュルーム 水煮缶詰    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | みじん切りにんにく       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | ハヤシルウ(SB)       |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    | ×   | ×   |    |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ |
|                 | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | 赤ワイン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | ぶどう、エルダーベリー                 |
|                 | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| まめまめサラダ         | (冷凍) むきえだまめ     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆, △山芋                     |
|                 | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|                 | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|                 | 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                 |
| フルーツ杏仁          | フルーツ杏仁          |   | △  | △ |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   | ×   |    |         | ×      | 大豆, もも, りんご, あんず果汁, △卵, △乳  |

×：原材料として使用 △：コンタミネーション

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令和 7年 5月 8日(木)

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|------------------|----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------------------------------------|
| ごはん(70 100)      | 白飯             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
| 牛乳               | 牛乳(学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                         |
| さわらのねぎソースかけ40・50 | さわらでんぶん付き      | △ | △  | △ |    |    |    |       |     | △  |       |         |          | △  |     | △  |     | △  | △  |    | △  | △  |      |      |         |    | △   |     |    | ×       |        | さわら, △卵, △小麦, △乳, △ごま, △大豆, △いか, △さけ, △さば, △豚肉, △鶏肉, △りんご |
|                  | 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                                                        |
| ひじきとツナのあえもの      | キャベツ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | きゅうり           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | きはだまぐろ                                                    |
|                  | ひじき水煮          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | こいくちしょうゆ(1L)   |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                    |
|                  | 上白糖            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
| 鶏だんごのみそ汁         | 鶏つみれ           |   | ×  |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | ×      | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース                              |
|                  | たまねぎ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | にんじん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | だいこん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | にら             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                           |
|                  | 冷凍とうふ(3種強化)    |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                        |
|                  | 淡色辛みそ          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                        |
|                  | 赤色辛みそ          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                        |
|                  | かたくちいわし 煮干し    |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | かたくちいわし, △えび, △かに, △いか, △さば                               |

×：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 7年 5月 9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           |    |
|--------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------|----|
| 背割り    | こめっこぼん (50 70)  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆          |    |
| 牛乳     | こめっこぼん          |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆          |    |
|        | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                  |    |
| 前橋五    | 目焼きそば           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | 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            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
| 大根と    | じゃこのサラダ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | だいこん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | 揚げちりめん          |   |    |   |    |    |    | △     | △   |    |       |         |          |    |     |    | △   |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | しらす, △えび, △かに, △いか |    |
|        | 減塩和風ドレッシング      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶしエキス, 魚醤       |    |
| スーミータン | スーミータン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | コーンクリームレトルト     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 乳  |
|        | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | えのきたけ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | 凍結液卵            |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 卵  |
|        | 鶏がらだし (丸鶏・顆粒)   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    |         |        |                    | 鶏肉 |
|        | コーンスープ          |   | ×  | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    | ×       |        | 小麦, 乳, 鶏肉, 魚醤パウダー  |    |
|        | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |    |
|        | ごま油             |   |    |   |    |    |    |       |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | ごま |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

6 / 20 ページ

令和 7年 5月12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 | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレジン | 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                                      |
| あじの一夜干し40・60   | あじ一夜干し   |   | △  |   |    |    |    |      |     | △  |       |         |          | △  |     | △  |     | △  | △  |    |    |    |      |      |         |    | △   |     |    | ×       |        | あじ, △小麦, △ごま, △大豆, △いか, △さけ, △さば, △りんご |
| 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（いり・白） |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                     |
| 豚肉とじゃがいものしょうが煮 | 豚肉       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                     |
|                | 生揚げ      |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                     |
|                | じゃがいも    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | たまねぎ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | こんにゃく    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | ごぼう      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | しょうが     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | 三温糖      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | こいくちしょうゆ |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                 |
|                | 清酒 上撰    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | 本みりん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |
|                | 顆粒和風だし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                                  |
|                | なたね油     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |

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アレルギー詳細献立表（中学校）

7 / 20 ページ

令和 7年 5月13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 |
|--------|----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------|----------|
| うどん    | 学校給食用ゆでめん      |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                  |          |
| 牛乳     | 牛乳（学校給食）       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                   |          |
| きなこ    | 揚げパン           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | 豆腐ブレッド（冷凍）     | △ | ×  | △ |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆, △卵, △乳, △ごま |          |
|        | なたね油           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | きな粉 全粒大豆       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                  |          |
|        | 上白糖            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
| ツナごまあえ | 食塩             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | こまつな           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | ブラックマッペもやし     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | にんじん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | きはだまぐろ              |          |
|        | ごま（すり・白）       |   |    |   |    |    |    |       |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                  |          |
| 山菜うどん汁 | 香りごまドレッシング     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                  |          |
|        | 若どりむね 皮つき      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         | 鶏肉                  |          |
|        | だいこん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | にんじん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | 山菜ミックス         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | 根深ねぎ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | 干しいたけ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                     |          |
|        | カット油揚げ         |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                  |          |
|        | 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）

8 / 20 ページ

令和 7年 5月14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                                                      |         |
| しゅうまい | 18・30(2)     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 肉しゅうまい       | △ | ×  | △ |    | △  |    |      |     | ×  |       |         |          | ×  |     |    |     |    | △  | △  | ×  | ×  | △    |      |         |              | △  |     |     |    |         | 小麦, ごま, 大豆, 豚肉, 鶏肉, △卵, △乳, △えび, △さば, △牛肉, △ゼラチン, △りんご |         |
| わかめ   | サラダ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | きゅうり         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 乾燥わかめ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 減塩和風ドレッシング   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     | ×  |         | かつおぶしエキス、魚醤                                            |         |
| 中華丼   |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 豚肉           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |              |    |     |     |    |         | 豚肉                                                     |         |
|       | あかいか         |   |    |   |    | △  |    |      |     |    |       |         |          |    |     | ×  |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        | いか, △えび |
|       | うずら卵 水煮缶詰    | × |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        | 卵       |
|       | なると（5本入り）    | △ | △  |   |    |    |    |      |     |    |       |         | △        |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     | ×   |    |         | すけそうたら、いとよりだい, △卵, △小麦, △大豆                            |         |
|       | キャベツ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | たまねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | チンゲンサイ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | たけのこ ゆで      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | おろししょうが      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | みじん切りにんにく    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 干しいたけ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 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                                                 |         |
|       | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |              |    |     |     |    |         | 鶏肉                                                     |         |
|       | 白こしょう        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | 片栗粉          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         |                                                        |         |
|       | ごま油          |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |              |    |     |     |    |         | ごま                                                     |         |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

9 / 20 ページ

令和 7年 5月15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           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
| コーヒー牛乳       | 牛乳           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | ミルクコーヒー（液体）  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 牛乳（学校給食）     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                 |
| ビビンバ         | 豚ひき肉         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                |
|              | 乾燥大豆ミンチ      |   |    |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                |
|              | 干しぜんまい ゆで    |   | △  |   |    |    |    |      |     |    |       | △       |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | △小麦, △大豆                          |
|              | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | たまねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | おろししょうが      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | みじん切りにんにく    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 三温糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                            |
|              | 本みりん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                |
|              | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                                   |
| もやしときゅうりのナムル | ナムル          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | きゅうり         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 韓国ナムルドレッシング  |   | ×  |   |    |    |    |      |     | ×  |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        | 小麦, ごま, 大豆, 豚肉, 鶏肉                |
| 春雨スープ        | 春雨           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | だいこん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | チンゲンサイ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | えのきたけ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 緑豆はるさめ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 冷凍ミートボール（鉄）  | △ | △  | △ |    | △  | △  |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        | 大豆, 豚肉, 鶏肉, △卵, △小麦, △乳, △えび, △かに |
|              | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                            |
|              | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉                                |
|              | 食塩           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                   |
|              | 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 7年 5月16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 | マカダミアナツツ | カシューナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                 |
|---------------------|---------------|---|----|---|----|----|----|------|-----|----|-------|----------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------|------------------------------------------|
| 背割り                 | コッペパン (50 70) |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | コッペパン 背割り     |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 乳, 大豆                                |
| 牛乳                  | 牛乳 (学校給食)     |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                        |
| フランクフルト40・50(ケチャップ) | フランクフルト (ポーク) | △ | △  | △ |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         |        | 大豆, 豚肉, △卵, △小麦, △乳                      |
|                     | トマトケチャップ      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | トマトケチャップ      |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
| アスパラ                | アスパラガス        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | キャベツ          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | きゅうり          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | 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, スイダウ, レモン果汁 |
| チンゲン菜のクリームスープ       | 若どりむね 皮つき     |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 鶏肉                                       |
|                     | チンゲンサイ        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | にんじん          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | たまねぎ          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | じゃがいも         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | ぶなしめじ         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | ベシャメルソース      |   | ×  | × |    |    |    |      |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | 小麦, 乳, 大豆, ほたてエキス                        |
|                     | 普通牛乳          |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                        |
|                     | 野菜ブイヨン        |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | 食塩            |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | 白こしょう         |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                          |
|                     | 白ワイン          |   |    |   |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | ×      | ぶどう                                      |
|                     | 無発酵バター 有塩バター  |   |    | × |    |    |    |      |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                        |

アレルギー詳細献立表（中学校）

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令和 7年 5月19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           |                             |
|--------------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------|-----------------------------|
| ごはん(70 100)  | 白飯          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
| 牛乳           | 牛乳(学校給食)    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                  |                             |
| だし巻きたまご50・60 | だし巻き卵 Q     | × | ×  |   |    |    |    |       |     |    | ×     |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         |        | 卵, 小麦, 大豆, かつお節エキス |                             |
| こぎつね         | ごはんの具       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 大豆                          |
|              | カット油揚げ      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                    | 大豆                          |
|              | 鶏ひき肉        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                    | 鶏肉                          |
|              | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 小麦, 大豆                      |
|              | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | 顆粒和風だし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        |                    | かつおぶし                       |
|              | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
| 新たまねぎのみそ汁    | じゃがいも       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | チンゲンサイ      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | えのきたけ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | こんにゃく       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    |                             |
|              | 冷凍とうふ(3種強化) |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 大豆                          |
|              | 淡色辛みそ       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 大豆                          |
|              | 赤色辛みそ       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                    | 大豆                          |
|              | かたくちいわし 煮干し |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     |    | ×       |        |                    | かたくちいわし, △えび, △かに, △いか, △さば |

×：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 7年 5月20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 | カシューナツツ | マカダミアナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | 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（減量）      | 白飯       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
| 牛乳           | 牛乳（学校給食） |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                                              |                                                          |
| ソースカツ50(幼30) | 豚ヒレカツ    | △ | ×  | △ |    |    |    |      |     | △  |       |         |          | ×  |     |    |     |    |    |    | △  | ×  | △    | △    |         |     | △   |    |         |        | 小麦, 大豆, 豚肉, △卵, △乳, △ごま, △牛肉, △鶏肉, △ゼラチン, △りんご |                                                          |
|              | なたね油     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | こいくちしょうゆ |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆                                         |                                                          |
|              | ウスターソース  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 本みりん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 三温糖      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 顆粒和風だし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     | ×  |         |        | かつおぶし                                          |                                                          |
| チンゲン菜のあさづけ   | きゅうり     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | チンゲンサイ   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 食塩       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | あさづけの素   |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | 小麦, 大豆                                                   |
|              | ごま（いり・白） |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | ごま                                                       |
| ほうとう         | 豚肉       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         |        |                                                | 豚肉                                                       |
|              | 冷凍ほうとうめん | △ | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | 小麦, △卵                                                   |
|              | だいこん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | カットかぼちゃ  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 根深ねぎ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | 干ししいたけ   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | カット油揚げ   |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | 大豆                                                       |
|              | こいくちしょうゆ |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | 小麦, 大豆                                                   |
|              | 赤色辛みそ    |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                | 大豆                                                       |
|              | 清酒 上撰    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                                                |                                                          |
|              | さば節      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    | ×  |    |    |    |      |      |         |     |     |    |         |        |                                                | さば                                                       |
| ももミゼリー       | ミゼリー（もも） | △ |    | △ |    |    |    |      |     |    |       |         |          | △  |     |    |     |    |    |    | △  | △  | △    | △    | △       |     | ×   | △  | △       |        |                                                | もも, △卵, △乳, △大豆, △牛肉, △豚肉, △鶏肉, △ゼラチン, △オレンジ, △りんご, △バナナ |

アレルギー詳細献立表（中学校）

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令和 7年 5月21日(水)  
全てのアレルギー

調理場名：前橋市北部共同調理  
コース名：B 献立

| 料理名     | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実        | 全てのアレルギー     |
|---------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------|--------------|
| パンズパン   | パンズパン           |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆     |              |
| 牛乳      | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳             |              |
| チキンナゲット | チキンナゲット         |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 小麦, 乳, 大豆, 鶏肉 |              |
| 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  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |               | ブルーベリー、レモン果汁 |
| ポークビーンズ | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |               | 豚肉           |
|         | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |               | 大豆           |
|         | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |               |              |
|         | 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）

令和 7年 5月22日(木)  
全てのアレルギー

調理場名：前橋市北部共同調理  
コース名：B 献立

| 料理名         | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | 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         |
|-------------|--------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------------------|
|             |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
| ごはん(70 100) | 白飯           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | 牛乳           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
| 和風肉団子       | 牛乳（学校給食）     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | うす味和風肉団子     |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       |        | 大豆, 豚肉, 鶏肉, オイスターエキス |
| おかか         | あえ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | こまつな         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆               |
| 呉汁          | 花かつお         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつお, △さば             |
|             | 大豆水煮缶詰       |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                   |
|             | 豚肉           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                   |
|             | だいこん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | ごぼう          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |
|             | カット油揚げ       |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                   |
|             | 淡色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                   |
|             | 赤色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                   |
|             | 顆粒和風だし       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                |
|             | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                      |

アレルギー詳細献立表（中学校）

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令和 7年 5月23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 | 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                          |                                               |
| ほきのり塩フライ    | ホキ磯辺フライ(のり塩) | △ | ×  | △ |    | △  | △  |       |     | △  | △     |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |     |     |    |         | ×      |                            | 小麦,大豆,ほき,△卵,△乳,△えび,△かに,△ごま,△アーモンド,△いか,△さけ,△さば |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
| みそきんぴら      | ごぼう          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | こんにゃく        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 豚肉                         |                                               |
|             | ごま(いり・白)     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | ごま                         |                                               |
|             | 三温糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | 淡色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                         |                                               |
|             | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          |    | ×   |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦,大豆                      |                                               |
|             | 本みりん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
| 若竹汁         | 乾燥わかめ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | たけのこ ゆで      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | えびしんじょ       | △ | △  | △ |    | ×  | △  |       |     |    |       |         |          |    |     |    |     |    | △  |    | ×  |    |      |      |         |     |     |    | ×       |        | えび,豚肉,たら,△卵,△小麦,△乳,△かに,△さば |                                               |
|             | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | 干しいたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                            |                                               |
|             | 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,△さば                    |                                               |
|             | さば節          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    | ×  |    |    |    |      |      |         |     |     |    |         |        | さば                         |                                               |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 7年 5月26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 | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレジン | 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                                 |
|--------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------------------|
| 上州           | かみなりごはん(70 100) |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆, 鶏肉, かつおエキス                       |
|              | 上州かみなりご飯(炊き込み)  |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                                          |
| 牛乳           | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                        |
| ぐんま          | のねぎこんコロッケ50・70  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | ぐんまのねぎこんコロッケ    | △ | ×  | △ |    |    |    |       |     | △  |       |         |          | ×  |     |     |    |    | △  | ×  | △  | △    |      |         |    |     |     |    |         |        | 小麦, 大豆, 豚肉, △卵, △乳, △ごま, △牛肉, △鶏肉, △ゼラチン |
|              | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
| 中濃ソース(200ml) | 中濃ソース(200ml)    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | ブルーネ                                     |
| 中濃ソース(5ml)   | 中濃ソース(5ml)      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | 大豆, りんご, ブルーネ、レモン                        |
| 小松菜          | のあえもの           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                   |
|              | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | ごま(いり・白)        |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                       |
| みそ           | すいとん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                                       |
|              | すいとん(地粉)        |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                                       |
|              | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | だいこん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | 干ししいたけ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |
|              | 顆粒和風だし          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                                    |
|              | 淡色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          |    | ×   |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                       |
|              | 赤色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          |    | ×   |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                       |
|              | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |

アレルギー詳細献立表（中学校）

令和 7年 5月27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                                                      |
| キーマカレー        |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | 豚ひき肉         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                     |
|               | たまねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | じゃがいも        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | ピーマン         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | みじん切りにんにく    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | おろししょうが      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | 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      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | 赤ワイン         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | ぶどう、エルダーベリー                                            |
|               | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
| トマトオムレツ       |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | トマトオムレツ50・60 | × | △  | △ |    | △  | △  |      |     | △  |       |         |          | ×  |     |     |    |    | △  | △  | △  | ×    |      |         |    | △   |     |    |         |        | 卵, 大豆, 鶏肉, △小麦, △乳, △えび, △かに, △ごま, △さば, △牛肉, △豚肉, △りんご |
| キャベツのマリネ      |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | キャベツ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | きゅうり         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | マリネドレッシング    |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    | ×   |     |    | ×       |        | 大豆, りんご, だいたい果汁、レモン果汁                                  |
|               | 上白糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | 白こしょう        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
| グレープゼリーF e    |              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|               | グレープゼリーF e   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | ぶどう果汁                                                  |

アレルギー詳細献立表（中学校）

18 / 20 ページ

令和 7年 5月28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(70 100)       | 白飯           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
| 牛乳                | 牛乳（学校給食）     |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                 |
| さばの照り焼き40・60(ボイル) | さばの照り焼き(ボイル) | △ | ×  | △ |    |    |    |      |     | △  |       |         |          | ×  |     | △   |    | △  | ×  |    | △  | △    |      |         |    |     | △   |    |         |        | 小麦, 大豆, さば, △卵, △乳, △ごま, △いか, △さけ, △豚肉, △鶏肉, △りんご |
| のり酢あえ             | こまつな         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | 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                                                |
| キャベ               | 豚汁           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | 豚肉           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                                                |
|                   | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | キャベツ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | じゃがいも        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | こんにゃく        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                   |
|                   | 冷凍とうふ（3種強化）  |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                |
|                   | 淡色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                |
|                   | 赤色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                |
|                   | 顆粒和風だし       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶし                                             |
|                   | 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）

19 / 20 ページ

令和 7年 5月29日(木)  
全てのアレルギー

調理場名：前橋市北部共同調理  
コース名：B 献立

| 料理名           | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                                        |             |
|---------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------------------------------------------|-------------|
| ロールパン (50 70) | ロールパン           |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                                       |             |
| 牛乳            | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                               |             |
| タンドリーチキン60・80 | 若どりもも 皮つき       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                                              |             |
|               | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | プレーンヨーグルト       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                               |             |
|               | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | カレー粉            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ×                                                               | ちんぴ         |
|               | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 粉しょうが           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
| 大根と水菜のサラダ     | だいこん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | みずな             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 減塩和風ドレッシング      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      |                                                                 | かつおぶしエキス、魚醤 |
| ポトフ           | ウィンナー (ボーク・輪切り) | △ | △  | △ |    | △  |    |       |     | △  | △     |         |          | △  | △   |    | △   | △  | △  | ×  | △  |    |      |      |         |    |     |     |    |         |        | 豚肉, △卵, △小麦, △乳, △えび, △ごま, △アーモンド, △大豆, △いか, △さけ, △さば, △牛肉, △鶏肉 |             |
|               | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | ぶなしめじ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 野菜ブイヨン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |             |
|               | オリーブ油           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      |                                                                 | オリーブ        |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 7年 5月30日(金)  
全てのアレルギー

調理場名：前橋市北部共同調理  
コース名：B 献立

| 料理名       | 材料名           | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナツツ | マカダミアナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                    | 全てのアレルギー                                           |
|-----------|---------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------------|----------------------------------------------------|
| ラーメン      | 中華めん ゆで       |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                        |                                                    |
| 牛乳        | 牛乳（学校給食）      |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                         |                                                    |
| 揚げぎ       | ようざ18・26(2)   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | 地場産ぎょうざ       | △ | ×  | △ |    | △  |    |      |     | ×  |       |         | ×        |    |     |    |     |    |    | △  | ×  | △  | △    |      |         |    | △   |     |    |         |                           | 小麦, ごま, 大豆, 豚肉, △卵, △乳, △えび, △牛肉, △鶏肉, △ゼラチン, △りんご |
|           | なたね油          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
| 切り干し      | 大根の中華あえ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | 切干しだいこん       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | きゅうり          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | ブラックマッペもやし    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | チヨレギドレッシング    |   | ×  |   |    |    |    |      |     | ×  |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           | 小麦, ごま, 大豆                                         |
| しょうゆ      | ラーメンスープ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | 豚肉            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                        |                                                    |
|           | キャベツ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | にんじん          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | 根深ねぎ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | にら            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | ラーメンスープ（しょうゆ） |   | ×  |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     | ×  |         | 小麦, 大豆, 豚肉, ほっけエキス, たらエキス |                                                    |
|           | おろしにんにく       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | 鶏豚湯           |   | ×  |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | 小麦, 大豆, 豚肉, 鶏肉            |                                                    |
|           | 白こしょう         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
|           | なたね油          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                           |                                                    |
| ヨーグルト(Fe) | ヨーグルト(Fe)     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 乳, ゼラチン                   |                                                    |

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