

アレルギー詳細献立表（小学校）

令和 7年 4月 8日(火)  
全てのアレルギー

| 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 | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                                   |
|-----------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------------------------------------|
| ごはん       | 白飯              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
| 牛乳        | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                          |
| ポークカレー    | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                         |
|           | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | カレールウ（SB甘口）     |   | ×  | × |    |    |    |       |     |    |       |         | ×        |    |     |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, 山芋                                      |
|           | カレールウ（SB中辛）     |   | ×  | × |    |    |    |       |     |    |       |         | ×        |    |     |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         |        | 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                                          |
|           | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | 水               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
| グリーンサラダ   | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
|           | 香味玉葱ドレッシング      |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |     |    |    |    |    | ×  |      |      |         |    |     | ×   | ×  | ×       | ×      | 小麦, 大豆, 鶏肉, りんご, ほたてエキス, いりこエキス, ゆず                        |
| レモンソーダゼリー | レモンソーダゼリー       | △ | △  | △ |    |    |    |       | △   | △  |       |         |          | △  |     |     |    |    |    |    |    | △    | △    |         | △  | ×   |     |    |         | ×      | りんご, レモン果汁, △卵, △小麦, △乳, △くるみ, △ごま, △大豆, △ゼラチン, △オレンジ, △もも |
| 1年生簡易給食   |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                            |
| ゆめロール     | ゆめロール           |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                                  |
| 牛乳        | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                          |
| 型抜きチーズ    | 型抜きチーズ          |   |    | × |    |    |    |       |     |    |       |         |          |    |     |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                          |

×：原材料として使用    △：コンタミネーション

アレルギー詳細献立表（小学校）

令和 7年 4月 9日(水)

全てのアレルギー

| 料理名       | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                 |       |
|-----------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------------------|-------|
| ごはん       | 白飯              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
| 牛乳        | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                        |       |
| 鶏つくねの照り焼き | 鶏つくね（鶏皮入り）      | △ | ×  | △ |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    | △  | ×  | ×  | △    |      |         |    | △   |     |    |         |        | 小麦, 大豆, 豚肉, 鶏肉, △卵, △乳, △牛肉, △ゼラチン, △りんご |       |
|           | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                   |       |
|           | 三温糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | 本みりん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | ごま（いり・白）        |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                       |       |
|           | 片栗粉             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
| 干草あえ      | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | あさづけの素(しょうゆ味)   |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, さば, かつおぶしエキス                     |       |
|           | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                   |       |
|           | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
| 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            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | ごぼう             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | 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            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
|           | 水               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
| 1年生簡易給食   |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                          |       |
| 黒パン       | 黒パン             |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                |       |
| 牛乳        | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                        |       |
| グレーゼリー    | グレーゼリー F e      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | ぶどう果汁                                    |       |

アレルギー詳細献立表（小学校）

令和 7年 4月10日(木)

全てのアレルギー

| 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                 |
|------------|------------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------|--------------------------|
|            |                  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
| 料理名        | 材料名              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
| はちみつパン     | はちみつパン           |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 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            |
| ブロッコリーのサラダ | ブロッコリー           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 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 |                          |
|            | 上白糖              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 穀物酢              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 食塩               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | なたね油             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
| 豆乳チャウダー    | 若どりむね 皮なし        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 鶏肉                       |
|            | にんじん             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | たまねぎ             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | マッシュルーム 水煮缶詰     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | じゃがいも            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | スイートコーン 冷凍 カーネル  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 普通牛乳             |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                        |
|            | 調製豆乳             |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 大豆                       |
|            | ホワイトルウ           |   | ×  | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 小麦, 乳, 豚肉                |
|            | ベシャメルソース (Ca・Fe) |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | 小麦, 乳, 大豆, ほたてエキス、貝カルシウム |
|            | 脱脂粉乳             |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                        |
|            | 野菜フイヨン           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 白ワイン             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        | ぶどう                      |
|            | 食塩               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 白こしょう            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | なたね油             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |
|            | 水                |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                          |

アレルギー詳細献立表（小学校）

令和 7年 4月11日(金)

全てのアレルギー

| 料理名         | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                      | 全てのアレルギー |
|-------------|--------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------------|----------|
| ごはん         | 白飯           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
| 牛乳          | 牛乳（学校給食）     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                           |          |
| 鮭とチーズのソフトカツ | 鮭とチーズのソフトカツ  |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    | ×   |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆, さけ               |          |
| 小松菜         | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | のごまあえ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | こまつな         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | ごま（すり・白）     |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                          |          |
|             | 上白糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                      |          |
| わかめ         | のみそ汁         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | 乾燥わかめ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | 木綿豆腐         |   |    |   |    |    |    |      |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆, △ごま, △山芋                |          |
|             | 油揚げ          |   |    |   |    |    |    |      |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆, △ごま, △山芋                |          |
|             | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | だいこん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | じゃがいも        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | たまねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |
|             | 淡色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |          |
|             | 赤色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |          |
|             | かたくちいわし 煮干し  |   |    |   |    | △  | △  |      |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     | ×  |         | かたくちいわし, △えび, △かに, △いか, △さば |          |
|             | 水            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |          |

アレルギー詳細献立表（小学校）

令和 7年 4月14日(月)  
全てのアレルギー

| 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 | オレノジ | 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 |
|-----------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------------------|----------|
| さくらごはん    | さくらご飯(炊き込み) |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 大豆             |          |
| 牛乳        | 牛乳 (学校給食)   |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 乳                  |          |
| だし巻きたまご   | だし巻き卵 Q     | × | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     | ×  |         | 卵, 小麦, 大豆, かつお節エキス |          |
| きゅうりのあさづけ | キャベツ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | きゅうり        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | 食塩          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | あさづけの素      |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 大豆             |          |
| 肉じゃが      | 豚肉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |     |     |    |         | 豚肉                 |          |
|           | じゃがいも       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | いんげん (冷凍)   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | しらたき        |   |    |   |    |    |    |       |     | △  |       |         |          | △  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    | △ごま, △大豆 |
|           | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |
|           | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 大豆             |          |
|           | 顆粒和風だし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     | ×  |         | かつおぶし              |          |
|           | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                    |          |

×：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（小学校）

令和 7年 4月15日(火)

全てのアレルギー

| 料理名      | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                                 | 全てのアレルギー |
|----------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|----------------------------------------|----------|
|          |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
| ごはん      | 白飯              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
| 牛乳       | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                      |          |
| さわらの西京焼き | さわらの西京焼き        |   | △  |   |    |    |    |       | △   |    |       | ×       |          | △  | △   | △  |     |    |    |    |    |    |      |      |         | △  |     |     | ×  |         | 大豆, さわら, △小麦, △ごま, △いか, △さけ, △さば, △りんご |          |
|          |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
| 根菜のうま煮   | 若どりもも 皮なし       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         | 鶏肉                                     |          |
|          | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | ごぼう             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | こんにゃく           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | たけのこ ゆで         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | 三温糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                                 |          |
|          | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | 顆粒和風だし          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | かつおぶし                                  |          |
|          | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
| どさんこ汁    | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                     |          |
|          | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | 無発酵バター 有塩バター    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                      |          |
|          | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
|          | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                        |          |
| 淡色辛みそ    |                 |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | 大豆      |                                        |          |
| 顆粒和風だし   |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     | ×   |    | かつおぶし   |                                        |          |

アレルギー詳細献立表（小学校）

令和 7年 4月16日(水)  
全てのアレルギー

| 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        | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
| 牛乳         | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 乳                       |                        |
| たれつき肉だんご   | たれつき肉だんご     |   | ×  |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |     | ×   |    |         |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, りんご |                        |
| 春雨とささみのサラダ | 緑豆はるさめ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | とりささみ サラダ用   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |     |     |    |         |        | 鶏肉                      |                        |
|            | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        | 小麦, 大豆                  |                        |
|            | 穀物酢          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         | ごま                     |
| 八宝菜        | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         |        | 豚肉                      |                        |
|            | あかいか         |   |    |   |    | △  |    |       |     |    |       |         |          |    |     | ×  |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         | いか, △えび                |
|            | むきえび2L       |   |    |   |    | ×  |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         | えび                     |
|            | うずら卵 水煮缶詰    | × |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         | 卵                      |
|            | なると          |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    | ×       |        |                         | スナウ, イトコ, △えび, △かに     |
|            | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | チンゲンサイ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | おろししょうが      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | おろしにんにく      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | 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                 |
|            | 中華スープの素      |   |    |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |     |     |    | ×       |        |                         | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー |
|            | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | 白こしょう        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         |                        |
|            | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |        |                         | ごま                     |

×：原材料として使用    △：コンタミネーション

アレルギー詳細献立表（小学校）

令和 7年 4月17日(木)

全てのアレルギー

| 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 | 山羊 | その他の魚介類          | その他の果実                                 | 全てのアレルギー |
|-------------|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|------------------|----------------------------------------|----------|
| 菜飯          | 菜飯(混ぜ込み)     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×                | かつお削り節粉末                               |          |
| 牛乳          | 牛乳(学校給食)     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  | 乳                                      |          |
| ほきみ         | そフライ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | ホキみそフライ      |   | ×  | △ |    | △  |    |       |     |    | △     | △       |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     |     |    | ×                | 小麦,大豆,ほき,△乳,△えび,△ごま,△アーモンド,△いか,△さけ,△さば |          |
|             | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
| 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         |              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
| 花かまぼこ入りすまし汁 | 桜かまぼこ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×                | すけそうたら                                 |          |
|             | 若どりささみ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |                  | 鶏肉                                     |          |
|             | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | えのきたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | 干しいたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  | 小麦,大豆                                  |          |
|             | しろしょうゆ       |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  | 小麦,大豆                                  |          |
|             | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | 本みりん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
|             | かつお節         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    | △  |    |    |      |      |         |    |     |     |    | ×                | かつお,△さば                                |          |
|             | 水            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |                  |                                        |          |
| お祝いゼリー      | お祝いゼリー(いちご)  | △ | △  | △ |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  | 大豆,いちご,△卵,△小麦,△乳 |                                        |          |



アレルギー詳細献立表（小学校）

令和 7年 4月18日(金)  
全てのアレルギー

| 料理名     | 材料名             | アレルギー食材 |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     | 全ての<br>アレルギー |    |         |                                   |
|---------|-----------------|---------|----|---|----|----|----|------|-----|----|-------|--------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|--------------|----|---------|-----------------------------------|
|         |                 | 卵       | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナツ | マカダミアナツ | 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                            |
| パーカーハウス | パーカーハウス         |         | ×  | × |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         | 小麦, 乳, 大豆                         |
| 牛乳      | 牛乳（学校給食）        |         |    | × |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         | 乳                                 |
| グリルチキン  | 若どりもも 皮つき       |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |              |    |         | 鶏肉                                |
|         | 白ワイン            |         |    |   |    |    |    |      |     |    |       |        |         |    | ×   |    |     |    |    |    |    |    |      |      |         |     |     |              | ×  |         | ぶどう                               |
|         | こいくちしょうゆ        |         | ×  |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         | 小麦, 大豆                            |
|         | 液体塩麹            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | おろしにんにく         |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
| カラフルサラダ | きゅうり            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | キャベツ            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 赤ピーマン           |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 黄ピーマン           |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | ツナ缶詰 水煮フレークライト  |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              | ×  |         | きはだまぐろ                            |
|         | 和風ごまドレッシング      |         | ×  |   |    |    |    |      |     | ×  |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |              | ×  |         | 小麦, ごま, 大豆, かつおぶしエキス, ほたてエキス      |
| コンソメスープ | えびしんじょ          |         | △  | △ | △  |    | ×  | △    |     |    |       |        |         |    |     |    |     | △  |    | ×  |    |    |      |      |         |     |     |              | ×  |         | えび, 豚肉, たら, △卵, △小麦, △乳, △かに, △さば |
|         | じゃがいも           |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | にんじん            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | たまねぎ            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | キャベツ            |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | スイートコーン 冷凍 カーネル |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 野菜ブイヨン          |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 食塩              |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 白こしょう           |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |
|         | 水               |         |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |              |    |         |                                   |

## アレルギー詳細献立表（小学校）

10 / 16 ページ

令和 7年 4月21日(月)

前橋市宮城共同調理場

全てのアレルギー

| 料理名     | 材料名          | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                     |
|---------|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------|
| ごはん     | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
| 牛乳      | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                            |
| みそだれ焼肉  | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                           |
|         | ピーマン         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | おろししょうが      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | おろしにんにく      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                           |
|         | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                           |
|         | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                       |
|         | 三温糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
| もやしのナムル | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                       |
|         | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | ごま（いり・白）     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                           |
|         | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                           |
| わかめスープ  | 乾燥わかめ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 鶏つみれ         |   | ×  |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース |
|         | 冷凍とうふ（鉄）     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                           |
|         | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | チンゲンサイ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 干しいたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                           |
|         | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                       |
|         | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | 白こしょう        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
|         | ごま（いり・白）     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                           |
|         | 水            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                              |
| 豆乳プリン   | 豆乳プリン        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | 大豆, 貝カルシウム                   |

×：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（小学校）

令和 7年 4月22日(火)  
全てのアレルギー

| 料理名      | 材料名         | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                             |
|----------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|------------------------------------------------------|
| ごはん      | 白飯          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
| 牛乳       | 牛乳（学校給食）    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                    |
| あじの磯辺フライ | あじの磯辺フライ    |   | ×  | △ |    | △  | △  |       |     | △  | △     |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     |     |    |         | ×      | 小麦, 大豆, あじ, △乳, △えび, △かに, △ごま, △アーモンド, △いか, △さけ, △さば |
|          | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | キャベツのあさづけ   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
| 呉汁       | キャベツ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | きゅうり        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | 食塩          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | あさづけの素      |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                               |
|          | きざみ大豆       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                   |
|          | 豚肉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                   |
|          | じゃがいも       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | だいこん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | ごぼう         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|          | 調製豆乳        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                   |
|          | 赤色辛みそ       |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                   |
|          | かたくちいわし 煮干し |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | かたくちいわし, △えび, △かに, △いか, △さば                          |
|          | 水           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |

アレルギー詳細献立表（小学校）

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令和 7年 4月23日(水)

前橋市宮城共同調理場

全てのアレルギー

| 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                                                        |
|-------|---------------------------------------------------------------------------------------------------------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------|-----------------------------------------------------------------|
| 食パン   | 2枚切り食パン                                                                                                       |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆 |                                                                 |
| チョコ   | 大豆クリーム10・15<br>チョコ大豆クリーム                                                                                      |   | △  | × |    |    |    | △     |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | △   |     |    |         |           | 乳, 大豆, △小麦, △ピーナッツ, △ごま, △りんご                                   |
| 牛乳    | 牛乳 (学校給食)                                                                                                     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳         |                                                                 |
| ハンバーグ | トマトソースかけ<br>ハンバーグFe<br>たまねぎ<br>マリナラソース<br>トマトケチャップ<br>ウスターソース<br>三温糖<br>なたね油                                  |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |           | 大豆, 豚肉, 鶏肉<br>大豆, アサリエキス, ワイン                                   |
| ジャーマン | ポテト<br>じゃがいも 水煮<br>ベーコン ショルダー<br>たまねぎ<br>食塩<br>白こしょう<br>パセリ生<br>なたね油                                          |   | △  | △ | ×  |    | △  |       |     |    | △     | △       |          | ×  |     | △  |     | △  | △  | △  | ×  | △  |      |      |         |    |     |     |    |         |           | 乳, 大豆, 豚肉, △卵, △小麦, △えび, △ごま, △アーモンド, △いか, △さけ, △さば, △牛肉, △鶏肉   |
| ウインナー | と野菜のスープ<br>ウインナー (ボーク・輪切り)<br>にんじん<br>だいこん<br>キャベツ<br>チンゲンサイ<br>スイートコーン 冷凍 カーネル<br>野菜ブイヨン<br>食塩<br>白こしょう<br>水 |   | △  | △ | △  |    | △  |       |     |    | △     | △       |          | △  |     | △  |     | △  | △  | △  | ×  | △  |      |      |         |    |     |     |    |         |           | 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 |

×：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（小学校）

令和 7年 4月24日(木)

前橋市宮城共同調理場

全てのアレルギー

| 料理名        | 材料名         | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                                         |                             |
|------------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------------------------|-----------------------------|
| ごはん        | 白飯          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
| 牛乳         | 牛乳（学校給食）    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                |                             |
| さばの塩焼き     | 塩さば         |   | △  |   |    |    |    |       |     | △  |       |         |          | △  |     | △  |     | △  | ×  |    |    |    |      |      |         |    |     |     |    |         |        | さば, △小麦, △ごま, △大豆, △いか, △さけ                      |                             |
| こんにゃくのおかか煮 | こんにゃく       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | ごぼう         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | さつま揚げ       | △ | ×  | △ |    | △  | △  |       |     | △  |       |         |          | ×  |     | △  |     | △  |    |    | △  |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, たら, △卵, △乳, △えび, △かに, △ごま, △いか, △さけ, △豚肉 |                             |
|            | 花かつお        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | △  |    |      |      |         |    |     |     |    | ×       |        | かつお, △さば                                         |                             |
|            | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  | 小麦, 大豆                      |
|            | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | ごま油         |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  | ごま                          |
| じゃがいものみそ汁  | 木綿豆腐        |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | △       |        |                                                  | 大豆, △ごま, △山芋                |
|            | 根深ねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | じゃがいも       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | 油揚げ         |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | △       |        |                                                  | 大豆, △ごま, △山芋                |
|            | こまつな        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |                             |
|            | 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 |

アレルギー詳細献立表（小学校）

令和 7年 4月25日(金)  
全てのアレルギー

| 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       | 白飯           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
| 牛乳        | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 乳                                         |                                                 |
| 若鶏のからあげ   | 若どりもも 皮つき    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |     |     |    |         | 鶏肉                                        |                                                 |
|           | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       | ×       |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 大豆                                    |                                                 |
|           | 粉しょうが        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
| 大根と水菜のサラダ | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | みずな          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 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, ストウガウ, レモン果汁 |                                                 |
| 春雨スープ     | いかボール        |   | △  | × | △  |    | △  | △     |     | △  |       |         |          | ×  |     | ×  |     | △  |    |    | △  |    |      |      |         |     |     |    | ×       |                                           | 小麦, 大豆, いか, たら, △卵, △乳, △えび, △かに, △ごま, △さけ, △豚肉 |
|           | 冷凍とうふ（鉄）     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 緑豆はるさめ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 干しいたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | にら           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 鶏がらだし（丸鶏・顆粒） |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |     |     |    |         |                                           | 鶏肉                                              |
|           | 中華スープの素      |   |    |   |    |    |    |       |     | ×  |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |     |     | ×  |         |                                           | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー                          |
|           | 鶏豚湯          |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |     |     |    |         |                                           | 小麦, 大豆, 豚肉, 鶏肉                                  |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           | 小麦, 大豆                                          |
|           | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |
|           | 白こしょう        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                           |                                                 |

アレルギー詳細献立表（小学校）

令和 7年 4月28日(月)

前橋市宮城共同調理場

全てのアレルギー

| 料理名         | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                   | 全てのアレルギー                                       |
|-------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------------------------|------------------------------------------------|
| ラーメン        | 中華めん ゆで         |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                       |                                                |
| 牛乳          | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                        |                                                |
| しゅうまい       | しゅうまい（地場産）バラ    | × |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     | ×  |         | 小麦、ごま、大豆、豚肉、いわしエキス、かきエキス |                                                |
| わかめサラダ      | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | 乾燥わかめ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | ごま油             |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                       |                                                |
| とんこつラーメンスープ | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                       |                                                |
|             | あかいか            |   |    |   |    | △  |    |       |     |    |       |         |          |    |     | ×  |     |    |    |    |    |    |      |      |         |    |     |     |    |         | いか、△えび                   |                                                |
|             | むきえび 2 L        |   |    |   |    | ×  |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | えび                       |                                                |
|             | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | チンゲンサイ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | ラーメンスープ（豚骨）     | × |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 小麦、ごま、大豆、豚肉              |                                                |
|             | 鶏豚湯             | × |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | 小麦、大豆、豚肉、鶏肉              |                                                |
|             | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
|             | 水               |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                          |                                                |
| ももミニゼリー     | ミニゼリー（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 |

×：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（小学校）

令和 7年 4月30日(水)  
全てのアレルギー

| 料理名     | 材料名            | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                         |
|---------|----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------------------------------|
|         |                |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| ごはん     | 白飯             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| 牛乳      | 牛乳             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | 牛乳（学校給食）       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                |
| ハヤシライス  | 豚肉             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                               |
|         | じゃがいも          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | たまねぎ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | にんじん           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | マッシュルーム 水煮缶詰   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | カットホールトマト      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         | △  |     |     |    |         |        | △もも                              |
|         | おろしにんにく        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | ハヤシルウ(SB)      |   | ×  | × |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    | ×   | ×   |    |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ      |
|         | デミグラスソース       | △ | ×  | △ |    | △  | △  | △     |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 小麦, 鶏肉, △卵, △乳, △えび, △かに, △ピーナッツ |
|         | トマトケチャップ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | ウスターソース        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | なたね油           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | 水              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| 海藻ツナサラダ | きゅうり           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | キャベツ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | 海藻ミックス         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | きはだまぐろ                           |
|         | 減塩和風ドレッシング     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | かつおぶしエキス、魚醤                      |
| ヨーグルト   | ヨーグルト          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|         | ヨーグルト (Fe)     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    |         |        | 乳, ゼラチン                          |