

アレルギー詳細献立表（中学校）

令和 7年 9月 2日(火)

調理場名：前橋市富士見共同調理場

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              |                                                            |
|------------|---------------|-----------|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------|------------------------------------------------------------|
| 麦ごはん       | 押し麦ご飯(炊き込み)   |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
| 牛乳         | 牛乳(学校給食)      |           |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                     |                                                            |
| 豚ひき肉と豆のカレー | 豚ひき肉          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                    |                                                            |
|            | 乾燥大豆ミンチ       |           |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                    |                                                            |
|            | じゃがいも         |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | たまねぎ          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | にんじん          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 大豆水煮缶詰        |           |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                    |                                                            |
|            | ひよこまめ ゆで      |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | カットホールトマト     |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         | △  |     |     |    |         |        | △もも                   |                                                            |
|            | おろししょうが       |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | おろしにんにく       |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | カレールウ(T0)     |           | ×  |   |    |    |    |       |     |    |       |         |          | △  |     |    |     |    |    |    |    |    | △    | △    |         |    |     |     |    |         |        | 小麦, △大豆, △豚肉, △鶏肉     |                                                            |
|            | カレールウ(SBディナー) |           | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    | ×    |         |    |     | ×   | ×  |         |        |                       | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ                                |
|            | カレールウ(SB中辛)   |           | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     | ×  |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, 山芋 |                                                            |
|            | トマトケチャップ      |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
| ウスターソース    |               |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
| 清酒 上撰      |               |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
| なたね油       |               |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
| カラフルサラダ    | きゅうり          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | キャベツ          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | ブラックマッペもやし    |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 赤ピーマン         |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | とうもろこし        |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 上白糖           |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 食塩            |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 穀物酢           |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | なたね油          |           |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                       |                                                            |
|            | 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 |

アレルギー詳細献立表（中学校）

令和 7年 9月 3日(水)  
全てのアレルギー

調理場名：前橋市富士見共同調理場

| 料理名      | 材料名      | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全ての<br>アレルギー      |  |
|----------|----------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-------------------|--|
| ごはん      | 白飯       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
| 牛乳       | 牛乳（学校給食） |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                 |  |
| さばのしょうが煮 | さばの生姜煮   |   | ×  | △ |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆, さば, △乳    |  |
| 昆布づけ     | キャベツ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | きゅうり     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | 塩ふき昆布    |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆            |  |
|          | 食塩       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
| すいとん     | 豚肉       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                |  |
|          | 油揚げ      |   |    |   |    |    |    |      | △   |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆, △ごま, △山芋      |  |
|          | すいとん（地粉） |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                |  |
|          | にんじん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | たまねぎ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | だいこん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | ごぼう      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | 根深ねぎ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | えのきたけ    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | こまつな     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | さば節      |   | △  |   |    |    |    |      |     |    |       |         | △        |    |     |    |     |    | ×  |    |    | △  |      |      |         |    |     |     |    |         |        | さば, △小麦, △大豆, △鶏肉 |  |
|          | こいくちしょうゆ |   | ×  |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆            |  |
|          | 本みりん     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |
|          | 清酒 上撰    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                   |  |

アレルギー詳細献立表（中学校）

令和 7年 9月 4日(木)

調理場名：前橋市富士見共同調理場

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<br>アレルギー |
|-------------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------------|--------------|
| ごはん         | 白飯          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| 牛乳          | 牛乳（学校給食）    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                           |              |
| 鮭とチーズのカツ    | 鮭とチーズのソフトカツ | × | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    | ×   |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 乳, 大豆, さけ               |              |
|             | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| 中濃ソース (5ml) | 中濃ソース (5ml) |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         | ×  |     |     | ×  |         | 大豆, りんご, プルーン, レモン          |              |
| 五目ごはんの具     | ぶなしめじ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 油揚げ         |   |    |   |    |    |    |       | △   |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     | △   |    |         | 大豆, △ごま, △山芋                |              |
|             | こんにゃく       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 若どりもも 皮なし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                          |              |
|             | 若どりむね 皮なし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                          |              |
|             | ごぼう         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 大豆水煮缶詰      |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |              |
|             | なたね油        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                      |              |
|             | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 清酒 上撰       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
| ふのみそ汁       | 焼きふ         |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                          |              |
|             | 冷凍とうふ       |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |              |
|             | キャベツ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | こまつな        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | えのきたけ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                             |              |
|             | 淡色辛みそ       |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |              |
|             | 赤色辛みそ       |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                          |              |
|             | かたくちいわし 煮干し |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     | △  |    |    |    |    |      |      |         |    |     |     | ×  |         | かたくちいわし, △えび, △かに, △いか, △さば |              |
| オレンジ1/8     | オレンジ（廃棄率なし） |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    |         | オレンジ                        |              |

アレルギー詳細献立表（中学校）

4 / 19 ページ

令和 7年 9月 5日(金)

調理場名：前橋市富士見共同調理場

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                             |          |
| 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 |          |
| 切り干し大根のピリ辛あえ | きゅうり         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | 切干しだいこん      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                        |          |
|              | 穀物酢          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | 上白糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|              | トウバンジャン      |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                            |          |
|              | ごま（いり・白）     |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |          |
|              | ごま油          |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |          |
| 八宝菜          | 豚肉           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                            |          |
|              | あかいか         |   |    |   |    | △  |    |      |     |    |       |         |          |    |     | ×  |     |    |    |    |    |    |      |      |         |    |     |     |    |         | いか, △えび                       |          |
|              | うずら卵 水煮缶詰    | × |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 卵                             |          |
|              | なると          |   |    |   |    | △  | △  |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | スナウ, 什惣, △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（中学校）

令和 7年 9月 8日(月)

調理場名：前橋市富士見共同調理場

全てのアレルギー

| 料理名          | 材料名         | 卵 | 小麦 | 乳 | そば | えび | かに  | ピーナツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実                     | 全てのアレルギー |
|--------------|-------------|---|----|---|----|----|-----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|----------------------------|----------|
| うどん          | 学校給食用ゆでめん   |   | ×  |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                         |          |
| 牛乳           | 牛乳（学校給食）    |   |    | × |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                          |          |
| もち信田         | もち入りいなり     |   |    |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                         |          |
|              | 三温糖         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | こいくちしょうゆ    |   | ×  |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                     |          |
|              | 本みりん        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
| 枝豆ときゅうりのあさづけ | （冷凍）むきえだまめ  |   |    |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                         |          |
|              | キャベツ        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | きゅうり        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | にんじん        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 食塩          |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 上白糖         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 穀物酢         |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | ごま（いり・白）    |   |    |   |    |    |     |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                         |          |
| 関西風          | うどん汁        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 若どりもも 皮なし   |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                         |          |
|              | 若どりむね 皮なし   |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                         |          |
|              | 蒸しかまぼこ      |   |    |   |    |    | △ △ |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | スナガタウ、イワシ、魚イサ、貝加シム、△えび、△かに |          |
|              | だいこん        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | にんじん        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | たまねぎ        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 根深ねぎ        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | えのきたけ       |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 干しいたけ       |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 乾燥わかめ       |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | かつお節        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    | △  |    |    |    |      |      |         |    |     |     | ×  |         | かつお、△さば                    |          |
|              | 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    |          |
|              | うすくちしょうゆ    |   | ×  |   |    |    |     |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                     |          |
|              | 食塩          |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 本みりん        |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
|              | 清酒 上撰       |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                            |          |
| りんごゼリー       | すりおろしりんごゼリー |   |    |   |    |    |     |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         | りんご                        |          |

アレルギー詳細献立表（中学校）

令和 7年 9月 9日(火)

調理場名：前橋市富士見共同調理場

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        |
| 厚揚げ  | の鶏そぼろ煮       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 生揚げ          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 大豆       |
|      | 鶏ひき肉         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 鶏肉       |
|      | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | （冷凍）むきえだまめ   |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|      | おろししょうが      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆   |
|      | 本みりん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 三温糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
| キャベツ | のごまあえ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | キャベツ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 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          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
| スタミナ | 豚汁           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉       |
|      | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | こんにゃく        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | じゃがいも        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | ごぼう          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | にら           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |
|      | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|      | 淡色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆       |
|      | かつお節         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | かつお, △さば |
|      | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |

アレルギー詳細献立表（中学校）

7 / 19 ページ

令和 7年 9月10日(水)

調理場名：前橋市富士見共同調理場

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          |                                                         |
| 牛乳          | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                  |                                                         |
| いちごジャム      | いちごジャム          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | いちご                |                                                         |
| ハート型ミートコロッケ | ハートのコロッケ (ミート)  | △ | ×  | △ |    | △  |    |       |     | △  |       |         |          | ×  |     | △  |     | △  |    | △  | ×  | △  | △    |      |         |    |     |     |    |         |                    | 小麦, 大豆, 豚肉, △卵, △乳, △えび, △ごま, △いか, △さけ, △牛肉, △鶏肉, △ゼラチン |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
| 中濃ソース (5ml) | 中濃ソース (5ml)     |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    | ×       | 大豆, りんご, プルーン, レモン |                                                         |
| コーンサラダ      | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
| 鶏肉と豆のトマトスープ | 若どりむね 皮なし       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                 |                                                         |
|             | 若どりもも 皮なし       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                 |                                                         |
|             | ひよこまめ ゆで        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                 |                                                         |
|             | ズッキーニ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | エリンギ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | セロリ             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | パセリ生            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | マカロニ・シェル        |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                 |                                                         |
|             | カットホールトマト       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    | △   |     |    |         | △もも                |                                                         |
|             | 野菜ブイヨン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 赤ワイン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | ぶどう, エルダーベリー       |                                                         |
|             | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                    |                                                         |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 7年 9月11日(木)  
全てのアレルギー

調理場名：前橋市富士見共同調理場

| 料理名  | 材料名             | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナッツ | くるみ | ごま | アーモンド | カシューナッツ | マカダミアナッツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全ての<br>アレルギー                                     |          |
|------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------------------------|----------|
| ごはん  | 白飯              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
| 牛乳   | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                |          |
| 彩り野菜 | 彩り野菜のたまご焼       | × | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       |        | 卵, 小麦, 大豆, 豚肉, ゼラチン, かつおだし、魚介エキス                 |          |
| 干草あえ | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                           |          |
|      | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
| 豚丼   | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                               |          |
|      | しらたき            |   |    |   |    |    |    |       |     | △  |       |         |          | △  |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                                                  | △ごま, △大豆 |
|      | 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 |          |
|      | いんげん（冷凍）        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | ごぼう             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | ぶなしめじ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | しょうが            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | 本みりん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                  |          |
|      | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                           |          |

アレルギー詳細献立表（中学校）

令和 7年 9月12日(金)

調理場名：前橋市富士見共同調理場

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        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
| くきわかめのきんぴら  | くきわかめ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | ごぼう         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | にんじん        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | こんにゃく       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | 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     |
|             | なたね油        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | 三温糖         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | こいくちしょうゆ    |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                               |
|             | 清酒 上撰       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | ごま（いり・白）    |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                                   |
| なすと鶏つみれのみそ汁 | 鶏つみれ        |   | ×  |   |    |    |    |      |     | ×  |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       |        | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース                         |
|             | なす          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | にんじん        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | えのきたけ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | キャベツ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | たまねぎ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | 根深ねぎ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | しょうが        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                      |
|             | 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（中学校）

10 / 19 ページ

令和 7年 9月16日(火)

調理場名：前橋市富士見共同調理場

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 | 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                        |
| 韓国風焼肉      | 豚肉           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                       |
|            | たまねぎ         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | にんじん         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | にら           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | おろしにんにく      |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | おろししょうが      |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                   |
|            | 上白糖          |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | ごま油          |   |    |   |    |    |    |      |     | ×  |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                       |
|            | トウバンジャン      |   |    |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                       |
|            | 片栗粉          |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | なたね油         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | ごま（いり・白）     |   |    |   |    |    |    |      |     | ×  |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                       |
| だいこんのキムチあえ | だいこん         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | きゅうり         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 食塩           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | キムチの素        |   |    |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         |        | 大豆, りんご                  |
| 春雨スープ      | 若どりもも 皮なし    |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                       |
|            | 若どりむね 皮なし    |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                       |
|            | 蒸しかまぼこ       |   |    |   |    | △  | △  |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         |        | スナガタウ、トリ、魚肝、貝加シム、△えび、△かに |
|            | にんじん         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | キャベツ         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | チンゲンサイ       |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 緑豆はるさめ       |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 干しいたけ        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 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   |
|            | 鶏がらだし(顆粒・無塩) |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                       |
|            | 食塩           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 白こしょう        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
|            | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                          |
| グレープゼリー    | グレープゼリー F e  |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | ぶどう果汁, ワイン               |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 7年 9月17日(水)  
全てのアレルギー

調理場名：前橋市富士見共同調理場

| 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                                        |
|-------------|-----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-------------------------------------------------|
| 小ゆめロール      | ゆめロール           |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                       |
| 牛乳          | 牛乳 (学校給食)       |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                               |
| ツナマヨオムレツ    | ツナマヨオムレツ        | × | ×  | △ |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    | △  |    | △  | △  | △    |      |         |    | ×   |     |    | ×       |        | 卵, 小麦, 大豆, りんご, まぐろ油漬, △乳, △さば, △豚肉, △鶏肉, △ゼラチン |
| キャベツのマリネ    | キャベツ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | きゅうり            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | 赤ピーマン           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | オリーブ油           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | オリーブ                                            |
|             | 穀物酢             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | レモン果汁100        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | レモン                                             |
|             | 上白糖             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                          |
|             | 食塩              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | 白こしょう           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
| スパゲッティナポリタン | マカロニ・スパゲッティ     |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                                              |
|             | ウインナー(鉄分酵母) カット |   | △  |   |    |    |    |      |     |    |       |         |          | △  |     |    |     |    |    |    | △  | ×  | △    |      |         |    |     |     |    |         |        | 豚肉, △小麦, △大豆, △牛肉, △鶏肉                          |
|             | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | ピーマン            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | エリンギ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | カットホールトマト       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    | △   |     |    |         |        | △もも                                             |
|             | トマトケチャップ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | トマトピューレー        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | ウスターソース         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | 食塩              |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | 白こしょう           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |
|             | なたね油            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                 |

×：原材料として使用    △：コンタミネーション

アレルギー詳細献立表（中学校）

12 / 19 ページ

令和 7年 9月18日(木)

調理場名：前橋市富士見共同調理場

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                                           | 全てのアレルギー |
|----------|-------------|---|----|---|----|----|----|------|-----|----|-------|--------|---------|----|-----|----|-----|----|----|----|----|----|------|------|---------|-----|-----|----|---------|--------------------------------------------------|----------|
| ごはん      | 白飯          |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
| 牛乳       | 牛乳（学校給食）    |   |    | × |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 乳                                                |          |
| 赤魚の西京焼き  | 赤魚の西京焼き     |   | △  |   |    |    |    |      |     | △  |       |        |         | ×  | △   |    | △   | △  |    |    |    |    |      |      |         | △   |     | ×  |         | 大豆, 赤魚, △小麦, △ごま, △いか, △さけ, △さば, △りんご            |          |
| ひじきの炒り煮  | ほしひじき       |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | にんじん        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | しらたき        |   |    |   |    |    |    |      |     | △  |       |        |         | △  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | △ごま, △大豆                                         |          |
|          | 干しいたけ       |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | 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 |          |
|          | 大豆水煮缶詰      |   |    |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 大豆                                               |          |
|          | （冷凍）むきえだまめ  |   |    |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 大豆                                               |          |
|          | 三温糖         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | 本みりん        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | こいくちしょうゆ    |   | ×  |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 小麦, 大豆                                           |          |
|          | なたね油        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
| 高野豆腐のみそ汁 | 凍り豆腐（細切り）   |   |    |   |    |    |    |      |     |    |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         | 大豆                                               |          |
|          | にんじん        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | たまねぎ        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | じゃがいも       |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | キャベツ        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | こまつな        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | 根深ねぎ        |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |     |     |    |         |                                                  |          |
|          | 油揚げ         |   |    |   |    |    |    |      |     | △  |       |        |         | ×  |     |    |     |    |    |    |    |    |      |      |         |     |     | △  |         | 大豆, △ごま, △山芋                                     |          |
|          | 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                      |          |
| オレンジ1/8  | オレンジ（廃棄率なし） |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      | ×    |         |     |     |    |         | オレンジ                                             |          |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

13 / 19 ページ

令和 7年 9月19日(金)

調理場名：前橋市富士見共同調理場

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                                |
| チーズハンバーグデミグラスソースかけ | とろけるチーズのハンバーグ   | × | ×  | × | △  | △  |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         |        | 卵, 小麦, 乳, 大豆, 豚肉, 鶏肉, △えび, △かに   |
| たまねぎデミグラスソース       | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 鶏肉, △卵, △乳, △えび, △かに, △ピーナッツ |
| トマトケチャップ           | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| ウスターソース            | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| 三温糖                | 三温糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| なたね油               | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| グリーンサラダ            | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | いんげん（冷凍）        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
| 田舎汁                | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | だいこん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | えのきたけ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                  |
|                    | 冷凍とうふ           |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                               |
|                    | 淡色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                               |
|                    | 赤色辛みそ           |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                               |
|                    | かたくちいわし 煮干し     |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | かたくちいわし, △えび, △かに, △いか, △さば      |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 7年 9月22日(月)

調理場名：前橋市富士見共同調理場

全てのアレルギー

| 料理名  | 材料名         | 卵 | 小麦 | 乳 | そば | えび | かに | ピーナツ | くるみ | ごま | アーモンド | カシューナツツ | マカダミアナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                        |
|------|-------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|---------------------------------|
| ごはん  | 白飯          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
| 牛乳   | 牛乳（学校給食）    |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                               |
| かつお  | かつおの竜田揚げ    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | かつおの竜田揚げ    |   | ×  |   |    |    |    |      |     | △  |       |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, かつお, △ごま, △いか, △さけ, △さば |
|      | なたね油        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
| 香味づけ | キャベツ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | きゅうり        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | にんじん        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | きざみたくあん     |   | ×  |   |    |    |    |      |     | ×  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, ごま, 大豆                      |
|      | ごま（いり・白）    |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                              |
|      | 食塩          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | 上白糖         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
| 呉汁   | 大豆水煮缶詰      |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                              |
|      | きざみ大豆       |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                              |
|      | 豚肉          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 豚肉                              |
|      | だいこん        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | たまねぎ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | にんじん        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | ごぼう         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | カットかぼちゃ     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | ぶなしめじ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | 根深ねぎ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |
|      | 油揚げ         |   |    |   |    |    |    |      |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | △       |        | 大豆, △ごま, △山芋                    |
|      | 淡色辛みそ       |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                              |
|      | かたくちいわし 煮干し |   |    |   |    | △  | △  |      |     |    |       |         |          |    |     | △  |     |    | △  |    |    |    |      |      |         |    |     |     | ×  |         |        | かたくちいわし, △えび, △かに, △いか, △さば     |
|      | 清酒 上撰       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                 |

アレルギー詳細献立表（中学校）

15 / 19 ページ

令和 7年 9月24日(水)

調理場名：前橋市富士見共同調理場

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                                                      |
|----------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|---------------------------------------------------------------|
| 背割り            | こめっこぼん          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | こめっこぼん          |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                                     |
| 牛乳             |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 牛乳（学校給食）        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                             |
| フランクフルトチリソースかけ |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | フランクフルト（ボーク）    | △ | △  | △ |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 大豆, 豚肉, △卵, △小麦, △乳                                           |
|                | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 乾燥大豆ミンチ         |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                            |
|                | チリパウダー          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | トマトピューレー        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 赤ワイン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | ぶどう、エルダーベリー                                                   |
|                | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
| 焼きビーフン         |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | ビーフン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                            |
|                | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | ピーマン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 干ししいたけ          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                        |
|                | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 鶏がらだし（丸鶏・顆粒）    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                                            |
|                | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
| コンソメスープ        |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | ベーコン ショルダー      | △ | △  | × | △  |    |    |       |     | △  | △     |         |          | ×  | △   |    | △   | △  | △  | △  | ×  | △  |      |      |         |    |     |     |    |         |        | 乳, 大豆, 豚肉, △卵, △小麦, △えび, △ごま, △アーモンド, △いか, △さけ, △さば, △牛肉, △鶏肉 |
|                | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | 野菜ブイヨン          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|                | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |

アレルギー詳細献立表（中学校）

令和 7年 9月25日(木)

調理場名：前橋市富士見共同調理場

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 |                                                                        |
|---------|--------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|----------|------------------------------------------------------------------------|
| さくらごはん  | さくらごはん       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | さくらご飯(炊き込み)  |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆    |                                                                        |
| 牛乳      | 牛乳           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | 牛乳(学校給食)     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 乳                                                                      |
| さんま     | さんま          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | さんまかつお節煮     | △ | ×  | △ |    |    | △  |      |     | △  |       |         |          | ×  |     | △  |     | △  | △  |    |    |    | △    | △    | △       |    | △   |     |    |         | ×      | ×        | 小麦,大豆,さんま、かつお節、魚卵、レモン果汁、△卵、△乳、△かに、△ごま、△いか、△さけ、△さば、△鶏肉、△ゼラチン、△オレンジ、△りんご |
| のり酢あえ   | のり酢あえ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | こまつな         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | 素干し風焼きのり     |   |    |   |    |    | △  | △    |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | △えび、△かに                                                                |
|         | 穀物酢          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 小麦,大豆                                                                  |
|         | 上白糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | ごま油          |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | ごま                                                                     |
| みそけんちん汁 | みそけんちん汁      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | 冷凍とうふ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                                                                     |
|         | 油揚げ          |   |    |   |    |    |    |      |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        |          | 大豆、△ごま、△山芋                                                             |
|         | 焼き竹輪         | △ | △  | △ |    | △  |    |      |     |    |       |         |          | △  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        |          | スクワ、タイ、サマ、エリ、ﾀｲﾜﾝ、ﾋﾞﾔｷﾞ、△卵、△小麦、△乳、△えび、△大豆                              |
|         | こんにゃく        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | じゃがいも        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | だいこん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | ごぼう          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | えのきたけ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | 根深ねぎ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
|         | 淡色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                                                                     |
|         | 赤色辛みそ        |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          | 大豆                                                                     |
|         | かたくちいわし 煮干し  |   |    |   |    | △  | △  |      |     |    |       |         |          |    |     | △  |     | △  |    |    |    |    |      |      |         |    |     |     |    | ×       |        |          | かたくちいわし、△えび、△かに、△いか、△さば                                                |
|         | なたね油         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |          |                                                                        |
| なしゼリー   | なしゼリー        | △ | △  | △ |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      |          | なし果汁、△卵、△小麦、△乳                                                         |

アレルギー詳細献立表（中学校）

17 / 19 ページ

令和 7年 9月26日(金)

調理場名：前橋市富士見共同調理場

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 | 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                                                                 |          |
| 焼きぎょうざ      | 地場産ぎょうざ         | △ | ×  | △ | △  |    |    |      |     | ×  |       |        | ×       |    |     |    |     |    |    | △  | ×  | △  | △    |      |         |    | △   |     |    |         | 小麦, 大豆, 豚肉, △卵, △乳, △えび, △牛肉, △鶏肉, △ゼラチン, △りんご                    |          |
| 中華あえ        | きゅうり            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | こまつな            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | ブラックマッペもやし      |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | 上白糖             |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                                                            |          |
|             | 穀物酢             |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | ごま油             |   |    |   |    |    |    |      |     | ×  |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   | ごま       |
|             | ごま（いり・白）        |   |    |   |    |    |    |      |     | ×  |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   | ごま       |
| スタミナラーメンスープ | 豚肉              |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                                                                |          |
|             | なると             |   |    |   |    | △  | △  |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | スナウ, 什惣, △えび, △かに                                                 |          |
|             | キャベツ            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | たまねぎ            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | にら              |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | にんじん            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | 根深ねぎ            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | ラーメンスープ（しょうゆ）   |   | ×  |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     | ×  |         | 小麦, 大豆, 豚肉, ほっけエキス、たらエキス                                          |          |
|             | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                                                            |          |
|             | がらスープチキン(液体)    |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    |         | 鶏肉                                                                |          |
|             | 鶏豚湯             |   | ×  |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         | 小麦, 大豆, 豚肉, 鶏肉                                                    |          |
|             | 白こしょう           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | 清酒 上撰           |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | トウバンジャン         |   |    |   |    |    |    |      |     |    |       |        | ×       |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                                                                |          |
|             | おろしにんにく         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | おろししょうが         |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | なたね油            |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
|             | 片栗粉             |   |    |   |    |    |    |      |     |    |       |        |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                                   |          |
| アセロラミニゼリー   | アセロラミニゼリー       | △ |    | △ |    |    |    |      |     |    |       |        |         | △  |     |    |     |    |    | △  | △  | △  | △    | △    |         | △  | △   | △   |    | ×       | アセロラ果汁, △卵, △乳, △大豆, △牛肉, △豚肉, △鶏肉, △ゼラチン, △オレンジ, △もも, △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（中学校）

18 / 19 ページ

令和 7年 9月29日(月)

調理場名：前橋市富士見共同調理場

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<br>アレルギー                                           |
|---------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------------------------------|
|         |                 |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
| 発芽玄米ごはん | 発芽玄米ごはん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 発芽玄米ご飯(炊き込み)    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
| 牛乳      | 牛乳(学校給食)        |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                      |
| ビーンズハヤシ | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                     |
|         | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                                                     |
|         | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | エリンギ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | ハヤシルウ(SB)       |   | ×  | × |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    | ×   | ×   |    |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, りんご, バナナ                            |
|         | デミグラスソース        | △ | ×  | △ |    | △  | △  | △     |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 小麦, 鶏肉, △卵, △乳, △えび, △かに, △ピーナッツ                       |
|         | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 赤ワイン            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ×                                                      |
|         | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ×                                                      |
| たこナゲット  | たこナゲット          |   | △  | × | △  |    | △  | △     |     | △  |       |         | ×        |    | ×   |    | △   |    |    | △  |    |    |      |      |         |    |     |     |    | ×       |        | 小麦, 大豆, いか, たこ, たらすり身, △卵, △乳, △えび, △かに, △ごま, △さけ, △豚肉 |
| 野菜サラダ   | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 赤ピーマン           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |
|         | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                        |

令和 7年 9月30日(火)

調理場名：前橋市富士見共同調理場

## 全てのアレルギー

[illegible]

×：原材料として使用    △：コンタミネーション