

アレルギー詳細献立表（中学校）

1 / 16 ページ

令和 8年 1月 8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) | 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                                           |              |
|              | ひよこめめ ゆで     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | 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                  |              |
|              | トマトハヤシ(ハウス)  |   | ×  | × |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉                            |              |
|              | 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         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ×                                            | ぶどう, エルダーベリー |
|              | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
| チーズオムレツ      | チーズオムレツ      |   | ×  | × | ×  |    | △  | △     |     | △  |       |         |          | ×  |     |    |     |    |    |    |    | △  | △    |      |         |    |     |     |    |         | ×      | 卵, 小麦, 乳, 大豆, かつおだし, △えび, △かに, △ごま, △豚肉, △鶏肉 |              |
| 大根と水菜のサラダ    | だいこん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | きゅうり         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | みずな          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | 穀物酢          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                              |              |
|              | 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）

2 / 16 ページ

令和 8年 1月 9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 |
|-----------|--------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|---------------------------------------------------|----------|
| 菜飯        | 菜飯(混ぜ込み)     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | かつお削り節粉末                                          |          |
| 牛乳        | 牛乳(学校給食)     |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                                                 |          |
| ぶりの照り焼き   | ぶりの照り焼き      |   | △  | × | △  |    | △  |      |     | △  |       |         |          | ×  |     | △  |     | △  | △  |    |    |    |      |      |         |    |     | △   |    | ×       | 小麦, 大豆, ぶり, △卵, △乳, △えび, △ごま, △いか, △さけ, △さば, △りんご |          |
| しらたきのごまあえ | しらたき         |   |    |   |    |    |    |      |     | △  |       |         |          | △  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | △ごま, △大豆                                          |          |
|           | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | キャベツ         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | ブラックマッペもやし   |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | ごま(すり・白)     |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                                                |          |
|           | 上白糖          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                                            |          |
| 雑煮        | じゃがいももち      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | にんじん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | だいこん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | はくさい         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | 干しいたけ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | こまつな         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | なると          |   |    |   |    |    | △  | △    |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | ｽｸﾗｯｸﾞﾗ, ｲﾄﾓﾘ, △えび, △かに                           |          |
|           | 若どりもも 皮なし    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                                                |          |
|           | 若どりむね 皮なし    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                                                |          |
|           | こいくちしょうゆ     |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                                            |          |
|           | 食塩           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | 清酒 上撰        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | 本みりん         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                                   |          |
|           | かつお節         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       | かつお                                               |          |

×：原材料として使用 △：コンタミネーション

## アレルギー詳細献立表（中学校）

令和 8年 1月13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                             |          |
| 甘酢肉団子   | 甘酢肉団子        |   |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    | ×   |     | ×  |         | ごま, 大豆, 豚肉, 鶏肉, りんご, オイスターエキス |          |
| 小松菜のナムル | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                        |          |
|         | 穀物酢          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | ごま（いり・白）     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |          |
|         | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |          |
|         | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
| 麻婆豆腐    | 豚ひき肉         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         | 豚肉                            |          |
|         | 乾燥大豆ミンチ      |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                            |          |
|         | 冷凍とうふ        |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                            |          |
|         | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | えのきたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | おろししょうが      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | おろしにんにく      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                            |          |
|         | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | トウバンジャン      |   |    |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                            |          |
|         | こいくちしょうゆ     |   | ×  |   |    |    |    |       |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                        |          |
|         | 片栗粉          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                               |          |
|         | 中華スープの素      |   |    |   |    |    |    |       |     | ×  |       |         | ×        |    |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー        |          |
|         | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ごま                            |          |
|         | 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）

4 / 16 ページ

令和 8年 1月14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                                      |                                                               |             |
|-------------|-----------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------------------------|---------------------------------------------------------------|-------------|
| 丸パン横切り      | 丸パン横切り          |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                     |                                                               |             |
| 牛乳          | 牛乳 (学校給食)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                             |                                                               |             |
| 前橋メンチカツ     | メンチカツ (前橋産豚肉)   | △ | ×  | △ |    |    | △  |       |     | △  |       |         |          | ×  |     |    |     |    |    |    | △  | ×  | △    | △    |         |    |     |     |    |         |        | 小麦, 大豆, 豚肉, △卵, △乳, △かに, △ごま, △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, ブルーン、レモン                             |                                                               |             |
| チーズ入りコーンサラダ | ブロッコリー          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | ダイスチーズ          |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               | 乳                                                             |             |
|             | ノンエッグマヨネーズ      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               | 大豆                                                            |             |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
| ミネストローネ     | 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 |             |
|             | 大豆水煮缶詰          |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               | 大豆                                                            |             |
|             | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | はくさい            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | マカロニ・シェル        |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               | 小麦                                                            |             |
|             | カットホールトマト       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         | △  |     |     |    |         |        |                                               | △もも                                                           |             |
|             | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | 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           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |
|             | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                               |                                                               |             |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 8年 1月15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 |
|---------|-----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|-----------------------|----------|
| ゆでうどん   | 学校給食用ゆでめん       |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦                    |          |
| 牛乳      | 牛乳（学校給食）        |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳                     |          |
| たこ型     | たこ焼き            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | たこ形たこ焼き         |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | 小麦, 大豆, かつおだし、たこ      |          |
| 干草あえ    | ほうれん草           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | 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             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
| カレーうどん汁 | 若どりもも 皮なし       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                    |          |
|         | 若どりむね 皮なし       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         | 鶏肉                    |          |
|         | 油揚げ             |   |    |   |    |    |    |      | △   |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         | 大豆, △ごま, △山芋          |          |
|         | にんじん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | たまねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | はくさい            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | 根深ねぎ            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | 干ししいたけ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | カレールウ(SB甘口)     |   | ×  | × |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    | ×    | ×    |         |    |     |     | ×  |         | 小麦, 乳, 大豆, 豚肉, 鶏肉, 山芋 |          |
|         | カレールウ(TO)       |   | ×  |   |    |    |    |      |     |    |       |         | △        |    |     |    |     |    |    |    |    |    | △    | △    |         |    |     |     |    |         | 小麦, △大豆, △豚肉, △鶏肉     |          |
|         | こいくちしょうゆ        |   | ×  |   |    |    |    |      |     |    |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                |          |
|         | 本みりん            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | 清酒 上撰           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                       |          |
|         | さば節             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         | さば                    |          |

アレルギー詳細献立表（中学校）

令和 8 年 1 月 16 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                    |
|--------------|--------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------|
| わかめ          | ごはん          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | わかめご飯(混ぜ込み)  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| 牛乳           | 牛乳（学校給食）     |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                           |
| さばのみそ煮       | さばのみそ煮       |   |    | △ | △  |    |    |       |     |    |       |         |          | ×  |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         |        | 大豆, さば, △小麦, △乳             |
| 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          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | 食塩           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | トウバンジャン      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|              | ごま油          |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                          |
| tonton汁      | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                          |
|              | 木綿豆腐         |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆, △ごま, △山芋                |
|              | 油揚げ          |   |    |   |    |    |    |       | △   |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆, △ごま, △山芋                |
|              | すいとん（地粉）     |   | ×  |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                          |
|              | こんにゃく        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | じゃがいも        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | たまねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | ごぼう          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | 根深ねぎ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | ぶなしめじ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | えのきたけ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | 無発酵バター 有塩バター |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                           |
|              | しょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|              | 淡色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|              | 赤色辛みそ        |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                          |
|              | 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）

令和 8年 1月19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 |          |
| ひじきの炒り煮 | ほしひじき    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | にんじん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | こんにゃく    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 油揚げ      |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     | △   |    |         | 大豆, △ごま, △山芋                    |          |
|         | 大豆水煮缶詰   |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 大豆                              |          |
|         | 干ししいたけ   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 三温糖      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 本みりん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | こいくちしょうゆ |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                          |          |
|         | なたね油     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
| 鶏だんご汁   | 鶏つみれ     |   | ×  |   |    |    |    |       | ×   |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    | ×       | 小麦, ごま, 大豆, 豚肉, 鶏肉, オイスターソース    |          |
|         | 木綿豆腐     |   |    |   |    |    |    |       | △   |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     | △   |    |         | 大豆, △ごま, △山芋                    |          |
|         | えのきたけ    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | カットかぼちゃ  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | はくさい     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | にんじん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 根深ねぎ     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | しょうが     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | こいくちしょうゆ |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦, 大豆                          |          |
|         | 清酒 上撰    |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 本みりん     |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | 食塩       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                 |          |
|         | さば節      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         | さば                              |          |

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令和 8年 1月20日(火)

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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                                                             |
| 若鶏のからあげ  | 若どりむね 皮つき       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                                                            |
|          | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦,大豆                                                         |
|          | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 片栗粉             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
| ジャーマンポテト | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 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 |
|          | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 食塩              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 白こしょう           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
| 小松菜のみそ汁  | こまつな            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | はくさい            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 干しいたけ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 油揚げ             |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆, △ごま, △山芋                                                  |
|          | 乾燥わかめ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |
|          | 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                                   |
| レモンゼリー   | レモンゼリー          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |      |      |         |    |     |     |    | ×       |        | レモン果汁                                                         |



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|-----------|-------------|---|----|---|----|----|----|-------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------------------------------------------|
|           |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
| ごはん       | 白飯          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
| 牛乳        | 牛乳（学校給食）    |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                                                               |
|           |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
| 信田煮       | 肉詰めいなり      |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     |    |         |        | 小麦, 大豆, 豚肉, 鶏肉                                                  |
|           | 三温糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | こいくちしょうゆ    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                          |
|           | 本みりん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
| キャベツのあさづけ | キャベツ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | みずな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | きゅうり        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | ごま（いり・白）    |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                                              |
|           | 食塩          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | 上白糖         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | 穀物酢         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | ごま油         |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                                              |
| さといものみそ汁  | さといも        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | はくさい        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | だいこん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | にんじん        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | たまねぎ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | えのきたけ       |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |
|           | 木綿豆腐        |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 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                                     |
| 味付け小魚     | 味付け小魚       |   | ×  |   | △  |    | △  | △     | △   | △  | △     | △       | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    | △   |     | ×  |         |        | 小麦, 大豆, かたくちいわし, △えび, △ピーナッツ, △くるみ, △ごま, △アーモンド, △カシューナッツ, △バナナ |
|           |             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                 |

アレルギー詳細献立表（中学校）

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令和 8年 1月22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 | カシューナツツ | マカダミアナツツ | 大豆 | あわび | いか | いくら | さけ | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | キウイフルーツ | もも | りんご | バナナ | 山芋 | その他の魚介類 | その他の果実 | 全てのアレルギー                       |    |
|------|---------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|--------------------------------|----|
| ラーメン | 中華めん ゆで       |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 小麦     |                                |    |
| コーヒ  | 牛乳            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | ミルメークコーヒー（液体） |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 牛乳（学校給食）      |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 乳                              |    |
| きなこ  | 揚げパン          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | コッペパン（冷凍）     | △ | ×  | × |    |    |    |      | △   |    |       |         |          | △  |     |    |     |    |    |    | △  | △  |      |      |         |    |     |     |    |         |        | 小麦, 乳, △卵, △くるみ, △大豆, △牛肉, △豚肉 |    |
|      | なたね油          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | きな粉 全粒大豆      |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                             |    |
|      | 上白糖           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 食塩            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
| 春雨   | サラダ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 緑豆はるさめ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | きゅうり          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | はくさい          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | にんじん          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 上白糖           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | こいくちしょうゆ(1L)  |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                         |    |
|      | 穀物酢           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | ごま油           |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                | ごま |
| みそ   | ラーメンスープ       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 豚肉            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                             |    |
|      | なると           |   |    |   |    |    | △  | △    |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | スナガウ, トマト, △えび, △かに            |    |
|      | にんじん          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | キャベツ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | ブラックマッペもやし    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | たまねぎ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 根深ねぎ          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | チンゲンサイ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | おろしにんにく       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | おろししょうが       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 赤色辛みそ         |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                             |    |
|      | がらスープチキン(液体)  |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 鶏肉                             |    |
|      | 中華スープの素       |   |    |   |    |    |    |      |     | ×  |       |         |          | ×  |     |    |     |    |    |    | ×  | ×  |      |      |         |    |     |     | ×  |         |        | ごま, 大豆, 豚肉, 鶏肉, 魚醤パウダー         |    |
|      | トウバンジャン       |   |    |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 大豆                             |    |
|      | 食塩            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | 白こしょう         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                |    |
|      | ごま油           |   |    |   |    |    |    |      |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                | ごま |
|      | 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）

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令和 8年 1月23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                           |
| いわし | ハンバーグおろしソースかけ   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | いわし入りハンバーグ      | △ | △  | △ |    | △  | △  |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | ×  |         | 大豆, いわし, 魚肉すり身, 魚醤, △卵, △小麦, △乳, △えび, △かに |                             |
|     | 大根おろし           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | 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                      |
|     | 本みりん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | 片栗粉             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
| ごぼう | サラダ             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | ごぼう             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | ごま（すり・白）        |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           | ごま                          |
|     | ノンエッグマヨネーズ      |   |    |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           | 大豆                          |
|     | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           | 小麦, 大豆                      |
|     | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
| 田舎汁 | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | はくさい            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | えのきたけ           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |                                           |                             |
|     | 油揚げ             |   |    |   |    |    |    |       |     |    | △     |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |                                           | 大豆, △ごま, △山芋                |
|     | 木綿豆腐            |   |    |   |    |    |    |       |     | △  |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     | △   |    |         |                                           | 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 |
| のり  | ふりかけ のり         |   |    |   |    | △  | △  |       |     |    |       |         |          |    |     |    | △   |    |    |    |    |    |      |      |         |    |     | ×   |    |         |                                           | かつお節, 貝カルシウム, △えび, △かに, △さけ |

×：原材料として使用 △：コンタミネーション

アレルギー詳細献立表（中学校）

令和 8年 1月26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                       |         |
| まえばし麦豚カレー | 豚肉              |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                      |         |
|           | じゃがいも           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | たまねぎ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | にんじん            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | おろししょうが         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | カレールウ(SB中辛)     |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    | ×  | ×    |      |         |    |     |     | ×  |         |        | 小麦, 乳, 大豆, 豚肉, 鶏肉, 山芋   |         |
|           | カレールウ(T0)       |   | ×  |   |    |    |    |       |     |    |       |         |          | △  |     |    |     |    |    |    |    | △  | △    |      |         |    |     |     |    |         |        | 小麦, △大豆, △豚肉, △鶏肉       |         |
|           | カレールウ(SBディナー)   |   | ×  | × |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    |      |         |    |     | ×   | ×  |         |        | 小麦, 乳, 大豆, 鶏肉, りんご, バナナ |         |
|           | トマトケチャップ        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | ウスターソース         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | なたね油            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
| 海藻ツナサラダ   | きゅうり            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | キャベツ            |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | 海藻ミックス          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | ツナ缶詰 水煮フレークライト  |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | きはだまぐろ                  |         |
|           | 上白糖             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | こいくちしょうゆ(1L)    |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                  |         |
|           | 穀物酢             |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         |         |
|           | ごま油             |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                         | ごま      |
| ヨーグルト     | ヨーグルト(Fe)       |   |    | × |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      | ×    |         |    |     |     |    |         |        |                         | 乳, ゼラチン |

アレルギー詳細献立表（中学校）

令和 8年 1月27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                                                                                           |
| えびといかのかきあげ | かき揚げ（エビ・イカ）  |   | ×  |   |    | ×  |    |       |     |    |       |         | ×        |    | ×   |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, えび, 大豆, いか                                                                              |
|            | なたね油         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
| 小松菜        | ごまあえ         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | こまつな         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | ブラックマッペもやし   |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | にんじん         |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | ごま（すり・白）     |   |    |   |    |    |    |       |     | ×  |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | ごま                                                                                          |
|            | 上白糖          |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | こいくちしょうゆ(1L) |   | ×  |   |    |    |    |       |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                                                      |
| 豚汁         | 豚肉           |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                                                                          |
|            | 清酒 上撰        |   |    |   |    |    |    |       |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                                                             |
|            | 焼き竹輪         |   | △  | △ | △  |    | △  |       |     |    |       |         | △        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | スクワ、タイ、サマ、イソ、好ウ、ヒイキ、△卵、△小麦、△乳、△えび、△大豆                                                       |
|            | 木綿豆腐         |   |    |   |    |    |    |       |     | △  |       |         | ×        |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     | △  |         |        | 大豆、△ごま、△山芋                                                                                  |
|            | 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                                                                     |
| 天丼のたれ      | 天丼のたれ        |   |    | × | △  |    | △  | △     | △   | △  |       |         |          | ×  |     | △  |     | △  | ×  | △  | △  | △  | △    | △    |         | △  | △   |     | △  | ×       |        | 小麦, 大豆, さば, 魚介類(加サ、煮干し)、△乳、△えび、△かに、△ピーナッツ、△くるみ、△いか、△さけ、△牛肉、△豚肉、△鶏肉、△ゼラチン、△オレンジ、△もも、△りんご、△山芋 |

アレルギー詳細献立表（中学校）

令和 8年 1月28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                    |
|-------|-----------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|-----------------------------|
| ごはん   | 白飯        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| 牛乳    | 牛乳（学校給食）  |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | 乳      |                             |
| 鮭の塩焼き | 塩ざけ       |   | △  |   |    |    |    |      |     | △  |       |         |          | △  |     | △  |     | ×  | △  |    |    |    |      |      |         |    |     |     |    |         |        | さけ, △小麦, △ごま, △大豆, △いか, △さば |
| 香味づけ  | キャベツ      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | きゅうり      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | 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       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
| すいとん  | 若どりむね 皮なし |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                          |
|       | 若どりもも 皮なし |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    | ×  |      |      |         |    |     |     |    |         |        | 鶏肉                          |
|       | すいとん（地粉）  |   | ×  |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦                          |
|       | にんじん      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | だいこん      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | ごぼう       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | はくさい      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | 根深ねぎ      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | こいくちしょうゆ  |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                      |
|       | 本みりん      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | 清酒 上撰     |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | なたね油      |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                             |
|       | さば節       |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    | ×  |    |    |    |      |      |         |    |     |     |    |         |        | さば                          |

アレルギー詳細献立表（中学校）

令和 8年 1月29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                                                      |    |
|--------|----------------|---|----|---|----|----|----|------|-----|----|-------|---------|----------|----|-----|----|-----|----|----|----|----|----|------|------|---------|----|-----|-----|----|---------|--------|---------------------------------------------------------------|----|
| 小ゆめ    | ロール            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | ゆめロール          |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆                                                     |    |
| ジョア    | いちご            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | ジョアいちご         |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      | 乳, いちご果汁                                                      |    |
| チキン    | のチーズ焼き         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | チキンチーズのオープン焼き  |   | ×  | × |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        | 小麦, 乳, 大豆, 鶏肉                                                 |    |
| ブロッコリー | とツナのサラダ        |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | ブロッコリー         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | キャベツ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | きゅうり           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 赤ピーマン          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | ツナ缶詰 水煮フレークライト |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | ×       |        | きはだまぐろ                                                        |    |
|        | 穀物酢            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 上白糖            |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 食塩             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | こいくちしょうゆ(1L)   |   | ×  |   |    |    |    |      |     |    |       |         |          | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        | 小麦, 大豆                                                        |    |
|        | なたね油           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
| 白菜     | のクリームスパゲッティ    |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | マカロニ・スパゲッティ    |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               | 小麦 |
|        | 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 |    |
|        | はくさい           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | にんじん           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | たまねぎ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | エリンギ           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | こまつな           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 普通牛乳           |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               | 乳  |
|        | 生クリーム          |   |    | × |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               | 乳  |
|        | 野菜ブイヨン         |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 食塩             |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | 白こしょう          |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |
|        | なたね油           |   |    |   |    |    |    |      |     |    |       |         |          |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                                               |    |

アレルギー詳細献立表（中学校）

16 / 16 ページ

令和 8年 1月30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 | マカダミアナッツ | カシューナッツ | 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                                      |                            |
| 豚キムチ    | 豚肉              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    | ×  |    |      |      |         |    |     |     |    |         |        | 豚肉                                     |                            |
|         | はくさい キムチ        |   | ×  |   |    |    |    |       |     | △  |       |          |         | ×  |     | △  |     |    |    |    |    |    |      |      |         |    | ×   |     | △  | ×       |        | 小麦, 大豆, りんご, おきあみエキス、魚醤, △ごま, △いか, △山芋 |                            |
|         | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | たまねぎ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | おろししょうが         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 上白糖             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 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                 |                            |
|         | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | ごま油             |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | ごま                         |
| 野菜のナムル  | きゅうり            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | だいこん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | ブラックマッペもやし      |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | スイートコーン 冷凍 カーネル |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 食塩              |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 上白糖             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 穀物酢             |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | なたね油            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | ごま（いり・白）        |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | ごま                         |
| 豆乳みそスープ | なると             |   |    |   |    | △  | △  |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         | ×      |                                        | ｽｸﾗﾌﾞ, ｲﾁｼ, ｵﾍﾞﾂ, △えび, △かに |
|         | 乾燥わかめ           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 木綿豆腐            |   |    |   |    |    |    |       |     | △  |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    | △       |        |                                        | 大豆, △ごま, △山芋               |
|         | にんじん            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | キャベツ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 根深ねぎ            |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | チンゲンサイ          |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 調製豆乳            |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | 大豆                         |
|         | おろしにんにく         |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
|         | 淡色辛みそ           |   |    |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | 大豆                         |
|         | ごま（すり・白）        |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | ごま                         |
|         | こいくちしょうゆ        |   | ×  |   |    |    |    |       |     |    |       |          |         | ×  |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | 小麦, 大豆                     |
|         | ごま油             |   |    |   |    |    |    |       |     | ×  |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        | ごま                         |
|         | 鶏がらだし（丸鶏・顆粒）    |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    | ×    |      |         |    |     |     |    |         |        |                                        | 鶏肉                         |
|         | 清酒 上撰           |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    |     |     |    |         |        |                                        |                            |
| りんごゼリー  | すりおろしりんごゼリー     |   |    |   |    |    |    |       |     |    |       |          |         |    |     |    |     |    |    |    |    |    |      |      |         |    | ×   |     |    |         |        |                                        | りんご                        |

×：原材料として使用 △：コンタミネーション