





アレルギー確認献立表

| 5/20 (水) |                |      |        | アレルギー       |    |           |      | 5/21 (木) |             |    |                  | アレルギー |        |            |    | 5/22 (金)    |      |        |             | アレルギー |             |      |        | 5/25 (月)    |    |             |      | アレルギー  |             |    |              | 5/26 (火) |        |    |   | アレルギー          |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|----------|----------------|------|--------|-------------|----|-----------|------|----------|-------------|----|------------------|-------|--------|------------|----|-------------|------|--------|-------------|-------|-------------|------|--------|-------------|----|-------------|------|--------|-------------|----|--------------|----------|--------|----|---|----------------|--|-------|--|---|----------------|--|-------|--|---|----------------|--|-------|--|---|--------|--|--|--|
| No       | 食品名            | 個数   | 純使用g   |             | No | 食品名       | 個数   | 純使用g     |             | No | 食品名              | 個数    | 純使用g   |            | No | 食品名         | 個数   | 純使用g   |             | No    | 食品名         | 個数   | 純使用g   |             | No | 食品名         | 個数   | 純使用g   |             | No | 食品名          | 個数       | 純使用g   |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
| 1        | コッペパン          | 1.00 | 45.00  | 小麦 乳        | 1  | ごはん       |      | 70.00    |             | 1  | 精白米              |       | 70.00  |            | 1  | 精白米         |      | 70.00  |             | 1     | 精白米         |      | 70.00  |             | 1  | 精白米         |      | 70.00  |             | 1  | 精白米          |          | 70.00  |    | 1 | ごはん            |  | 70.00 |  | 1 | 精白米            |  | 70.00 |  | 1 | 精白米            |  | 70.00 |  |   |        |  |  |  |
| 2        | ぎゅうにゅう         | 1.00 | 206.00 | 乳           | 2  | はっ酵乳(ジョア) | 1.00 | 125.00   | 乳           | 2  | 普通牛乳             | 1.00  | 206.00 | 乳          | 2  | 普通牛乳        | 1.00 | 206.00 | 乳           | 2     | 普通牛乳        | 1.00 | 206.00 | 乳           | 2  | 普通牛乳        | 1.00 | 206.00 | 乳           | 2  | 普通牛乳         | 1.00     | 206.00 | 乳  | 2 | ぎゅうにゅう         |  |       |  | 2 | ぎゅうにゅう         |  |       |  | 2 | ぎゅうにゅう         |  |       |  | 2 | ぎゅうにゅう |  |  |  |
| 3        | とうにゅうのサーモンスープ  |      |        | さけ 豚肉 小麦 大豆 | 3  | 鶏肉 細切れ    |      | 20.00    | 鶏肉          | 3  | ベーコン             |       | 20.00  | 豚肉         | 3  | 鶏肉 細切れ      |      | 20.00  | 鶏肉          | 3     | 鶏肉 細切れ      |      | 20.00  | 鶏肉          | 3  | 鶏肉 細切れ      |      | 20.00  | 鶏肉          | 3  | 鶏肉 細切れ       |          | 20.00  | 鶏肉 | 3 | ぶたにくとやさいのしょうがに |  |       |  | 3 | ぶたにくとやさいのしょうがに |  |       |  | 3 | ぶたにくとやさいのしょうがに |  |       |  |   |        |  |  |  |
| 4        | スウェーデンふうミートボール |      |        | 鶏肉 小麦 豚肉 大豆 | 4  | 白菜        |      | 25.00    |             | 4  | じゃがいも            |       | 10.00  |            | 4  | じゃがいも       |      | 15.00  |             | 4     | じゃがいも       |      | 15.00  |             | 4  | じゃがいも       |      | 15.00  |             | 4  | じゃがいものみそしる   |          |        |    | 4 | じゃがいものみそしる     |  |       |  | 4 | じゃがいものみそしる     |  |       |  |   |                |  |       |  |   |        |  |  |  |
| 5        | キャロットラペ        |      |        | 鶏肉          | 5  | 玉ねぎ       |      | 20.00    |             | 5  | カットポテト           |       | 10.00  |            | 5  | カットポテト      |      | 10.00  |             | 5     | カットポテト      |      | 10.00  |             | 5  | カットポテト      |      | 10.00  |             | 5  | ぼろぎょうざ       |          |        |    | 5 | ぼろぎょうざ         |  |       |  | 5 | ぼろぎょうざ         |  |       |  |   |                |  |       |  |   |        |  |  |  |
| 6        | りんごジャム         |      |        | りんご         | 6  | たけのこ      |      | 7.00     |             | 6  | 玉ねぎ              |       | 20.00  |            | 6  | 玉ねぎ         |      | 20.00  |             | 6     | 玉ねぎ         |      | 20.00  |             | 6  | 玉ねぎ         |      | 20.00  |             | 5  | ピーチしらたま(幼なし) |          |        |    | 5 | ピーチしらたま(幼なし)   |  |       |  | 5 | ピーチしらたま(幼なし)   |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 7  | 青ねぎ       |      | 3.00     |             | 7  | ホールコーン           |       | 10.00  |            | 7  | 人参          |      | 10.00  |             | 7     | 人参          |      | 10.00  |             | 7  | 人参          |      | 10.00  |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 8  | 生しいたけ     |      | 3.00     |             | 8  | とうもろこしペースト       |       | 5.00   |            | 8  | ほうれん草       |      | 5.00   |             | 8     | ほうれん草       |      | 5.00   |             | 8  | ほうれん草       |      | 5.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 9  | ガラスープ     |      | 18.00    | 鶏肉          | 9  | 人参               |       | 10.00  |            | 9  | 赤みそ         |      | 6.00   | 大豆          | 9     | 赤みそ         |      | 6.00   | 大豆          | 9  | 赤みそ         |      | 6.00   | 大豆          |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 10 | 淡口しょうゆ    |      | 3.50     | 小麦 大豆       | 10 | 白いんげん豆ペースト       |       | 5.00   |            | 10 | 白みそ         |      | 6.00   | 大豆          | 10    | 白みそ         |      | 6.00   | 大豆          | 10 | 白みそ         |      | 6.00   | 大豆          |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 11 | 食塩        |      | 0.20     |             | 11 | 豆乳(無調整)          |       | 15.00  | 大豆         | 11 | 削り節         |      | 2.50   |             | 11    | 削り節         |      | 2.50   |             | 11 | 削り節         |      | 2.50   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 12 | こしょう      |      | 0.02     |             | 12 | ホワイトトルウ(乳・小麦不使用) |       | 10.00  |            | 12 | だし昆布        |      | 0.10   |             | 12    | だし昆布        |      | 0.10   |             | 12 | だし昆布        |      | 0.10   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 13 | 水×        |      | 90.00    |             | 13 | 食塩               |       | 0.10   |            | 13 | 水×          |      | 110.00 |             | 13    | 水×          |      | 110.00 |             | 13 | 水×          |      | 110.00 |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 14 | 春巻き(50g)  | 1.00 | 50.00    | 小麦 豚肉 大豆 ごま | 14 | 食塩               |       | 0.10   |            | 14 | 棒ぎょうざ(40g)  | 1.00 | 40.00  | 鶏肉 小麦 豚肉 大豆 | 14    | 棒ぎょうざ(40g)  | 1.00 | 40.00  | 鶏肉 小麦 豚肉 大豆 | 14 | 棒ぎょうざ(40g)  | 1.00 | 40.00  | 鶏肉 小麦 豚肉 大豆 |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 15 | 揚げ油       |      | 4.00     |             | 15 | 水×               |       | 80.00  |            | 15 | 白玉団子(加糖)    |      | 30.00  | 大豆          | 15    | 白玉団子(加糖)    |      | 30.00  | 大豆          | 15 | 白玉団子(加糖)    |      | 30.00  | 大豆          |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 16 | まぐろ油漬     |      | 10.00    |             | 16 | *オムレツ(50g)       | 1.00  | 50.00  | 卵          | 16 | 黄桃(缶詰)      |      | 20.00  | もも          | 16    | 黄桃(缶詰)      |      | 20.00  | もも          | 16 | 黄桃(缶詰)      |      | 20.00  | もも          |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 17 | プロッコリー    |      | 15.00    |             | 17 | トマトケチャップ         |       | 6.00   |            | 17 | トマトケチャップ    |      | 6.00   |             | 17    | トマトケチャップ    |      | 6.00   |             | 17 | トマトケチャップ    |      | 6.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 18 | スマイルにんじん  |      | 10.00    |             | 18 | 鶏肉 細切れ           |       | 17.00  | 鶏肉         | 18 | 鶏肉 細切れ      |      | 17.00  | 鶏肉          | 18    | 鶏肉 細切れ      |      | 17.00  | 鶏肉          | 18 | 鶏肉 細切れ      |      | 17.00  | 鶏肉          |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             | 19 | ノンエッグマヨ   |      | 5.00     | 大豆          | 19 | 玉ねぎ              |       | 15.00  |            | 19 | 玉ねぎ         |      | 15.00  |             | 19    | 玉ねぎ         |      | 15.00  |             | 19 | 玉ねぎ         |      | 15.00  |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 20 | 人参               |       | 3.00   |            | 20 | 人参          |      | 3.00   |             | 20    | 人参          |      | 3.00   |             | 20 | 人参          |      | 3.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 21 | マッシュルーム(刻み)      |       | 5.00   |            | 21 | マッシュルーム(刻み) |      | 5.00   |             | 21    | マッシュルーム(刻み) |      | 5.00   |             | 21 | マッシュルーム(刻み) |      | 5.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 22 | トマトピューレー         |       | 4.00   |            | 22 | トマトピューレー    |      | 4.00   |             | 22    | トマトピューレー    |      | 4.00   |             | 22 | トマトピューレー    |      | 4.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 23 | グリーンピース          |       | 2.00   |            | 23 | グリーンピース     |      | 2.00   |             | 23    | グリーンピース     |      | 2.00   |             | 23 | グリーンピース     |      | 2.00   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 24 | トマトケチャップ         |       | 4.80   |            | 24 | トマトケチャップ    |      | 4.80   |             | 24    | トマトケチャップ    |      | 4.80   |             | 24 | トマトケチャップ    |      | 4.80   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 25 | 砂糖               |       | 0.40   |            | 25 | 砂糖          |      | 0.40   |             | 25    | 砂糖          |      | 0.40   |             | 25 | 砂糖          |      | 0.40   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 26 | ウスターソース          |       | 0.40   |            | 26 | ウスターソース     |      | 0.40   |             | 26    | ウスターソース     |      | 0.40   |             | 26 | ウスターソース     |      | 0.40   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 27 | 食塩               |       | 0.12   |            | 27 | 食塩          |      | 0.12   |             | 27    | 食塩          |      | 0.12   |             | 27 | 食塩          |      | 0.12   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 28 | スープストック          |       | 0.08   | 豚肉 セラチン 大豆 | 28 | スープストック     |      | 0.08   | 豚肉 セラチン 大豆  | 28    | スープストック     |      | 0.08   | 豚肉 セラチン 大豆  | 28 | スープストック     |      | 0.08   | 豚肉 セラチン 大豆  |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 29 | こしょう             |       | 0.01   |            | 29 | こしょう        |      | 0.01   |             | 29    | こしょう        |      | 0.01   |             | 29 | こしょう        |      | 0.01   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 30 | なたね油             |       | 0.50   |            | 30 | なたね油        |      | 0.50   |             | 30    | なたね油        |      | 0.50   |             | 30 | なたね油        |      | 0.50   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             | 31 | 水×               |       | 0.80   |            | 31 | 水×          |      | 0.80   |             | 31    | 水×          |      | 0.80   |             | 31 | 水×          |      | 0.80   |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |
|          |                |      |        |             |    |           |      |          |             |    |                  |       |        |            |    |             |      |        |             |       |             |      |        |             |    |             |      |        |             |    |              |          |        |    |   |                |  |       |  |   |                |  |       |  |   |                |  |       |  |   |        |  |  |  |

