

アレルギー一覧表

3月⇒ 1、5、9、13、17、21、25、29

★:含む ●:コンタミ有り (コンタミ:同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている)

| | 献立名 | 商品名 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | リンゴ | ゼラチン | ごま | カシューナッツ | アーモンド | マカデミアナッツ |
|---------|---------------|-----------|----|----|---|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|---------|-------|----------|
| 朝 | ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | 青梗菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | | 合わせ味噌 | ● | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | | だし汁 | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | ミートオムレツ | ミートオムレツ | ★ | | ★ | ★ | | ● | ● | | | | | | | ● | | | | ★ | ★ | | ★ | | ● | ● | ● | ● | | |
| | | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウインナー | ウインナー | ★ | | ★ | ★ | | | | | | | | | | | ★ | | | | ★ | | ★ | | | | | | | |
| 昼 | ソーダ | サラダ油 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | ポテトサラダ | ポテトサラダ | ★ | | ★ | ★ | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | ふりかけ | ふりかけ(おかか) | ★ | | ★ | ★ | | ● | ● | | | | | | | | | | | ★ | ★ | | | | | | | ★ | | |
| | ヨーグルト | ヨーグルト | | | | ★ | | | | | | | | | | | | | | | | | | | | ★ | | | | |
| | 中華丼 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚小間 | | | | | | | | | | | | | | | | | | | | | | | ★ | | | | | |
| | | カマボコ | | | | | | ● | ● | | | | | | | | | | | | ★ | | | | | | | | | |
| | | 白菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たけのこ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 椎茸 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| サラダ油 | | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 薄口醤油 | | | ★ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| ガラスープの素 | | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 春巻 | 春巻 | | ★ | | | | | ★ | | | | | | | | | | | | ★ | ★ | | ★ | | | | | ★ | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ワカメスープ | わかめ | | | | | | ● | ● | | | ● | ● | | | | | | | | ● | ● | | | | | | | | | |
| | コンソメ | ★ | | | ★ | | | | | | | | | | | ★ | | | | ★ | ★ | | | | | | | | | |
| | 塩こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白ごま | | | | | | | | | | | | | | | | | | | | | | | | | | | ★ | | | |
| 果物 | ゴールドenパイン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | アジフライ | ★ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | メンチカツ | ★ | | ● | ★ | | ● | ● | | | | | | | | | | | | ★ | ★ | | ★ | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | とんかつソース | | | | | | | | | | | | | | | | | | | | | | | | | ★ | | | | |
| | 千切り | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | 青じそドレッシング | ★ | | | | | | | | | | | | | | | | | | ★ | ★ | | | ★ | | | | | |
| | 豆腐の中華風煮 | 豆腐 | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | | 豚ひき肉 | | | | | | | | | | | | | | | | | | | | | | | ★ | | | | | |
| | | 白ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生姜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| サラダ油 | | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| 赤だし八丁味噌 | | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| テンメンジャン | | ★ | | | | | ★ | | | | | | | | | | | | | | ★ | | | | | | ★ | | | |
| 豆板醤 | | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 料理酒 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | ★ | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| コンソメ | ★ | | | ★ | | | | | | | | | | | | ★ | | | | ★ | ★ | | | | | | | | | |
| 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごま油 | | | | | | | | | | | | | | | | | | | | | | | | | | | ★ | | | |
| 吸い物 | 小松菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 料理酒 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 薄口醤油 | ★ | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| だし汁 | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| ゼリー | ゼリーの素(ストロベリー) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かんてんクック | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりかけ | ふりかけ(さけ) | ★ | | ★ | ★ | | ● | ● | | | | | | | | | ★ | | | ★ | | | | | | | ★ | | | |

仕入れの都合により、使用食材を予告なく変更する場合があります。あらかじめご了承ください。

(尚、アレルギー調査表をご提出されている方は、食材を変更した場合でもアレルギーとなる食材を除去したものを使用し提供いたします。)

アレルギー一覧表

3月⇒ 2、6、10、14、18、22、26、30

★:含む ●:コンタミ有り (コンタミ:同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている)

| | 献立名 | 商品名 | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------|--------------|----------|--------|----|---|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|---------|-------|----------|--|--|
| | | | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | リンゴ | ゼラチン | ごま | カシューナッツ | アーモンド | マカダミアナッツ | | |
| 朝 | ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | 大根 | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| | | 青ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 合わせ味噌 | ● | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| | かに玉 | だし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かに玉 | ★ | | ★ | | | | | | ★ | | | | | | | | | ★ | | | | | | | | | | | | |
| | マカロニサラダ | トマトケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マカロニサラダ | マカロニサラダ | ★ | | ★ | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| | 焼売 | 肉しゅうまい | ★ | | ★ | | | | ★ | ★ | | | | | | | | | | ★ | ★ | | ★ | | | | ★ | | | | | |
| 味付のり | 味付け海苔 | ★ | | ● | ● | | | ★ | ● | | | | | | | | | ● | ★ | | | | | | ● | | | | | | | |
| ヨーグルト | ヨーグルト | | | | ★ | | | | | | | | | | | | | | | | | | | | ★ | | | | | | | |
| 昼 | きつねうどん | うどん | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味付いなり | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| | | かまぼこ | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | わかめ | | | | | | ● | ● | | ● | ● | | | | | | | | ● | | | | | | | | | | | | |
| | | 青ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みりん風調味料 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 濃口醤油 | ★ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | | 薄口醤油 | ★ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | だし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ゆかりごはん | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かきあ | 野菜かきあげ | ★ | | ★ | | | | ● | | | | | | | | | | | ★ | | | | | | | | | | | |
| 果物 | みかん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チキン南蛮 | 若鶏のからあげ | ★ | | ★ | | | | | | | | | | | | | | | ★ | ★ | | | | | | | ★ | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酢 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 濃口醤油 | ★ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| 千切りキャベツ | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ジャーマンポテト | 野菜いっぱいドレッシング | ★ | | | | | | | | | | | | | | | | | ★ | ★ | | ★ | | | ★ | | | | | | | |
| | フライドポテト | ★ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ウインナー | ★ | | ★ | ★ | | | | | | | | | | | | | | | ★ | ★ | | ★ | | | | | | | | | |
| | 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | サラダ油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| クリームスープ | コンソメ | ★ | | | ★ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩こしょう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にんにく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゼリー | コーンスープの素 | ★ | | | ★ | | | | | | | | | | | | | | ★ | | | | | | | | | | | | | |
| | コンソメ | ★ | | | ★ | | | | | | | | | | | | | | | ★ | | | | | | | | | | | | |
| | 牛乳 | | | | ★ | | | | | | | | | | | ★ | | | | ★ | ★ | | | | | | | | | | | |
| ふりかけ | ゼリーの素(ピーチ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | かんでんくっく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりかけ | ふりかけ(野菜) | ★ | | ★ | ★ | | | ● | ● | | | | | | | | | | ★ | | | | | | | | ★ | | | | | |

仕入れの都合により、使用食材を予告なく変更する場合があります。あらかじめご了承ください。
 (尚、アレルギー調査表をご提出されている方は、食材を変更した場合でもアレルギーとなる食材を除去したものを使用し提供いたします。)

アレルギー一覧表

3月⇒ 3、7、11、15、19、23、27、31

★:含む ●:コンタミ有り (コンタミ:同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている)

| 献立名 | 商品名 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | リンゴ | ゼラチン | ごま | カシューナッツ | アーモンド | マカダミアナッツ |
|---------|------------|---------|----|---|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|---------|-------|----------|
| 朝 | ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | わかめ | | | | | ● | ● | | ● | ● | | | | | | | ● | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | | 青ねぎ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | | 合わせ味噌 | ● | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | 目玉焼き | だし汁 | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | | 目玉焼き | | | ★ | ★ | | | | | | | | | | | | | ★ | | | | | | ★ | | | | |
| | ミートボールトマト煮 | 塩コショウ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | | ミートボール | ★ | | ● | ★ | | | | | | | | | | ● | | | ★ | ★ | | ● | | | | ● | | | |
| | | 砂糖 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| パンキンサラダ | トマトケチャップ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | ウスターソース | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| ふりかけ | ふりかけ(おかか) | ★ | | ★ | ★ | | ● | ● | | | | | | | | | | ★ | ★ | | | | | | ★ | | | | |
| ヨーグルト | ヨーグルト | | | | ★ | | | | | | | | | | | | | | | | | | | ★ | | | | | |
| 昼 | 親子丼 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏むね肉 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みりん風調味料 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 濃口醤油 | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | | 薄口醤油 | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | |
| | だし汁 | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | 棒々鶏 | 卵 | | | ★ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みつば | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏ささみ | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| もやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 青梗菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 赤だし | 胡麻ドレッシング | ★ | | ★ | | | | | | | | | | | | | | | ★ | | | | | | | ★ | | | |
| | 白ごま | | | | | | | | | | | | | | | | | | | | | | | | | ★ | | | |
| | 濃口醤油 | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | 生姜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豆腐 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| タ | 赤だし | ● | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | だし汁 | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | | |
| | パイナップル | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ご飯 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏天 | とり天 | ★ | | ● | | | | | | | | | | | | | | ★ | ★ | | | | | | | | | |
| | なたね油 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 香りゴマドレ | ★ | | ★ | | | | | | | | | | | | | | | ★ | | | | | | | ★ | | | |
| | ひじきの煮物 | ひじき | | | | | ● | ● | | ● | ● | | | | | | | | ● | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| レンコン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ | | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| いんげん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かきたま汁 | みりん風調味料 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 濃口醤油 | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | だし汁 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | 卵 | | | ★ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 料理酒 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゼリー | 薄口醤油 | ★ | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | だし汁 | | | | | | | | | | | | | | | | | | ★ | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゼリー | 青ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゼリーの素(ぶどう) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりかけ | かんでんクック | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりかけ | ふりかけ(さけ) | ★ | | ★ | ★ | | ● | ● | | | | | | | | | | ★ | ★ | | | | | | ★ | | | | |

仕入れの都合により、使用食材を予告なく変更する場合があります。あらかじめご了承ください。

(尚、アレルギー調査表をご提出されている方は、食材を変更した場合でもアレルギーとなる食材を除去したものを提供いたします。)

