（様式１）

# 献立表・アレルゲン表示（Ｒ７　７月～９月分）

| | 献立名 | 材料名 | cal | 卵 | 乳 | 小麦 | エビ | カニ | そば | ピーナッツ | ゴマ | アワビ | イカ | イクラ | オレンジ | キウイ | モモ | バナナ | リンゴ | 牛肉 | クルミ | カシューナッツ | アーモンド | サケ | サバ | 大豆 | 鶏肉 | 豚肉 | 松茸 | 山芋 | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 火 | ごはん | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミートボール | ※15 | | ○ | ○ | ○ | | | | | ○ | | | | | | | | | | | | | | | ○ | ○ | ○ | | | |
| | チキントマトオムレツ | ※10 | | ○ | | | | | | | | | | | | | | | | | | | | | | ○ | ○ | | | | |
| | おかか和え | ほうれん草 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かつお節 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 昆布煮 | 昆布 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | さつま揚げ※14 | | ○ | | ○ | | | | | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | |
| | | だしの素※9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | 麩※17 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 米味噌 | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | だしの素※9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | のりたま※31 | | ○ | ○ | ○ | ○ | ○ | | | ○ | | | | | | | | | | | | | | ○ | ○ | ○ | ○ | | | |
| | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 火 | 冷麺 | 麺 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | きゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | スライスハム※3 | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | ○ | | | |
| | | もやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 錦糸卵 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ワカメ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 青ネギ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 冷麺のタレ※38 | | | | ○ | | | | | ○ | | | | | | | | | | | | | | | ○ | | | | | |
| | | ごま油 | | | | | | | | | ○ | | | | | | | | | | | | | | | ○ | | | | | |
| | わかめごはん | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 炊き込みわかめ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 火 | ごはん | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チキンカツ | ※34 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | ○ | ○ | | | | |
| | 付け合わせ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 金平こんにゃく | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | だしの素※9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリーとツナサラダ | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | シーチキン | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | マヨネーズ※6 | | ○ | | ○ | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | 野菜炒め | 小松菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | もやし | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ベーコン※16 | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | ○ | | | |
| | 味噌汁 | 玉ねぎ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | 葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 米味噌 | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | だしの素※9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

◆アレルゲンは特定28品目を表示しています。

◆「※１～38」につきましては、別紙「原材料名」をご確認ください。

◆魚介類・海草類は、エビ・カニ等の生息域で採取していることもありますので、ご心配な方は食堂にご確認ください。

◆その他の調味料等につきましては、食堂（TEL 080-6237-6735)に直接お問い合わせください。