

詳細献立表

2022年6月1日(水)

| 食品名           | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
|---------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|---|
|               |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |   |   |   |
| 【ごはん】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 白飯            | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |  |  | ● |   |   |
| 【牛乳】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 飲用牛乳          | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【白身魚のチリソース】   |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 白身魚 澱粉付き(50g) | 50       | 0        |       |    |   | ▲  |    |     |   | ▲   |    | ▲   |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 白身魚 澱粉付き(60g) | 0        | 60       |       |    |   | ▲  |    |     |   | ▲   |    | ▲   |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 米油            | 5        | 6        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 長ねぎ           | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| にんにく          | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| しょうが          | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 中華スープの素       | 0.4      | 0.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 三温糖           | 1.6      | 1.9      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 濃口醤油          | 2.8      | 3.4      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| トマトケチャップ      | 1.6      | 1.9      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 清酒            | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| じゃがいも澱粉       | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水             | 12       | 14.4     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【うずら卵入り八宝菜】   |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| うずらの卵         | 20       | 25       |       |    | ● |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 豚肩小間切れ        | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| にんじん          | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| キャベツ          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| たまねぎ          | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| たけのこ(水煮)      | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| しょうが          | 0.4      | 0.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 濃口醤油          | 1        | 1.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 塩             | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 白こしょう         | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 中華スープの素       | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| とりがらスープの素     | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| じゃがいも澱粉       | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 米油            | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水             | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【わかめスープ】      |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 鶏胸小間          | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 米油            | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| カットわかめ(外国産)   | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| もやし           | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| にんじん          | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 豆腐(冷凍・サイコロ)   | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 中華スープの素       | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| ごま油           | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 濃口醤油          | 3        | 3.75     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 白こしょう         | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 塩             | 0.38     | 0.48     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| ごま(白・いり)      | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水             | 128.5    | 161      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2022年6月2日(木)

| 食品名                   | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
|-----------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|--------|----|-------|---|----|--|--|--|---|---|
|                       |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | キノコナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |   |   |
| 【コッペパン】               |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| コッペパン(50g)            | 50       | 0        |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        |    | ▲     |   |    |  |  |  | ● |   |
| コッペパン(70g)            | 0        | 70       |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |        | ▲  |       |   |    |  |  |  | ● |   |
| 【牛乳】                  |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| 飲用牛乳                  | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| 【フランクフルトマッシュルームソースがけ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| フランクフルト(40g)          | 40       | 0        |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    | ▲   | ▲  | ●  |    |      | ▲   |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| フランクフルト(50g)          | 0        | 50       |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    | ▲   | ▲  | ●  |    | ▲    |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| マッシュルーム水煮みじん切り        | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 中濃ソース                 | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| トマトケチャップ              | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 上白糖                   | 1.2      | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 水                     | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 【こんにやくサラダ】            |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| こんにやく(サラダこんにやく)       | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   | ● |
| にんじん                  | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   | ● |
| ブロッコリー(冷凍)            | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| ドレッシング(イタリアン)         | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   | ● |
| 【コンソメスープ】             |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| ショルダーベーコン             | 8        | 10       |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  | ▲  | ●  |      | ▲   |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| キャベツ                  | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| にんじん                  | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| たまねぎ                  | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| じゃがいも                 | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  |   |   |
| コンソメ                  | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 白ワイン                  | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 塩                     | 0.6      | 0.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 白こしょう                 | 0.01     | 0.01     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 米油                    | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |
| 水                     | 124.6    | 156      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |  |  | ● |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2022年6月3日(金)

| 食品名          | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
|--------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|--|---|--|
|              |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |   |  |
| 【麦ごはん】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 麦ごはん         | 60      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |  |  |  | ● |  |
| 【牛乳】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 飲用牛乳         | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 【いかフライ】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| いかフライ(50g)   | 50      | 0       | ▲     |    |   | ●  |    |     | ▲ |     | ●  |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |  |
| いかフライ(60g)   | 0       | 60      | ▲     |    |   | ●  |    |     | ▲ |     | ●  |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 米油           | 5       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 中濃ソース(ボトル)   | 5       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 【かみかみ炒め】     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| さつまあげ(冷凍)    | 15      | 18.8    | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| にんじん         | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| ごぼう(千切り・金平用) | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 茎わかめ(塩蔵)     | 10      | 12.5    | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| むき枝豆(冷凍)     | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |  |
| ごま油          | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 濃口醤油         | 0.7     | 0.88    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |  |
| 清酒           | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |  |
| 中華スープの素      | 0.6     | 0.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |  |
| 水            | 4       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 【しげただ汁】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 鶏胸小間         | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 白玉団子         | 30      | 37.5    |       |    | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |      |      |         |    |       |   |    |  |  |  | ● |  |
| にんじん         | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |  |
| 小松菜(冷凍)      | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 干椎茸          | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 薄口醤油         | 5       | 6.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●    |      |         |    |       |   |    |  |  |  | ● |  |
| 清酒           | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 塩            | 0.4     | 0.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| だしパック(鰹・鯖)   | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |
| 水            | 122.3   | 153     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2022年6月6日(月)

| 食品名              | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
|------------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|---|
|                  |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |   |
| 【地粉うどん】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 地粉うどん(70g)       | 70      | 0       |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 地粉うどん(100g)      | 0       | 100     |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 【牛乳】             |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 飲用牛乳             | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 【かぼちゃの天ぷら(卵含む)】  |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| かぼちゃスライス(25g)    | 25      | 0       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| かぼちゃスライス(30g)    | 0       | 30      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 米油               | 7       | 14      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 天ぷら粉             | 8       | 16      |       |    | ● | ●  |    |     | ▲ |     |    |     | ▲  |    |      |         |     |    |     |    | ▲  |    | ▲    |     | ▲  |      | ▲    |         |    |       |   |    | ● |   |   |
| 薄力粉              | 2       | 2.5     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 塩                | 0.05    | 0.06    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 水                | 7       | 14      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 【もやしの和え物】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| こまつな             | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| もやし              | 35      | 43.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんじん             | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ドレッシング(具だくさん玉ねぎ) | 5       | 6.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     | ●  |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 【五目うどん】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚もも小間切れ          | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚肩小間切れ           | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんじん             | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 干椎茸              | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| たまねぎ             | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 長ねぎ              | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| さつまあげ(冷凍)        | 10      | 12.5    | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 油揚げ(スライス)        | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 濃口醤油             | 11.5    | 14.4    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 本みりん             | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 塩                | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| だしパック(鰹・鯖)       | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| じゃがいも澱粉          | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 水                | 138.2   | 173     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月7日(火)

| 食品名             | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
|-----------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|---|---|---|---|---|
|                 |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |   |   |   |   |   |
| 【ごはん】           |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| 白飯              | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |  |   | ● |   |   |   |
| 【牛乳】            |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| 飲用牛乳            | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| 【チキンナゲット】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| チキンナゲット(20g)    | 40       | 0        |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |   |   |   |
| チキンナゲット(20g)    | 0        | 40       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |   |   |   |
| 米油              | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |   |   |
| 【大根サラダ】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| もやし             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| にんじん            | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| 大根              | 30       | 37.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| むき枝豆(冷凍)        | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| ドレッシング(棒棒鶏)     | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |   | ● |   |
| 【コーンカレー】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| 豚ひき肉            | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| じゃがいも           | 35       | 43.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| たまねぎ            | 30       | 37.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| にんじん            | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |
| ホールコーン(冷凍)      | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   | ● |
| にんにく            | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   | ● |
| 中濃ソース           | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| 米油              | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| トマトケチャップ        | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| トマトダイスカット       | 2.5      | 3.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| カレーフレーク(Fe)     | 20       | 25       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| カレーフレーク(卵・乳不使用) | 4        | 5        |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| ミルクカルシウム        | 2        | 2.5      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| スキムミルク          | 3        | 3.75     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |   |
| 水               | 76       | 95       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



### 詳細献立表

2022年6月9日(木)

| 食品名                    | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
|------------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|
|                        |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |
| <b>【メロンパン(卵・乳不使用)】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| メロンパン(卵・乳不使用)(30g)     | 30              | 0               |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         | ▲  |       | ● |    |
| メロンパン(卵・乳不使用)(50g)     | 0               | 50              |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      | ▲       |    | ●     |   |    |
| <b>【牛乳】</b>            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 飲用牛乳                   | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| <b>【コーンコロッセ】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| コーンコロッセ(40g)           | 40              | 0               |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    | ●     |   |    |
| コーンコロッセ(60g)           | 0               | 60              |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    | ●     |   |    |
| 米油                     | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 中濃ソース(ボトル)             | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| <b>【スパゲティナポリタン】</b>    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| ハーフスパゲッティ              | 18              | 22.5            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 豚ひき肉                   | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |
| たまねぎ                   | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| にんにく                   | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| ピーマン                   | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| トマトケチャップ               | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| コンソメ                   | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| トマトピューレ                | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| ウスターソース                | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| パプリカパウダー               | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 上白糖                    | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 塩                      | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 白こしょう                  | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 米油                     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| <b>【野菜スープ】</b>         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 鶏胸小間                   | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |
| キャベツ                   | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| にんじん                   | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| たまねぎ                   | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| じゃがいも                  | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 米油                     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 塩                      | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 白こしょう                  | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| コンソメ                   | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| 水                      | 120.4           | 151             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月10日(金)

| 食品名               | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
|-------------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|
|                   |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |   |   |
| 【ごはん】             |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 白飯                | 60      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |
| 【牛乳】              |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 飲用牛乳              | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 【あじのごま風味フライ】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| あじフィレごま風味フライ(50g) | 50      | 0       | ▲     |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   |   |
| あじフィレごま風味フライ(60g) | 0       | 60      | ▲     |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 米油                | 6       | 8       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 【豚肉とズッキーニの炒め物】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 豚肩小間切れ            | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 豚もも小間切れ           | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| ズッキーニ             | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| にんじん              | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| もやし               | 18      | 22.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| しょうが              | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 米油                | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 濃口醤油              | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 中華スープの素           | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 塩                 | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 白こしょう             | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 【小松菜のみそ汁】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 小松菜(冷凍)           | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 大根                | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 長ねぎ               | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 油揚げ(スライス)         | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 豆腐(冷凍・サイコロ)       | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 味噌(白)             | 9       | 11.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |
| 煮干しパック            | 2       | 2.5     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 水                 | 124     | 155     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



### 詳細献立表

2022年6月13日(月)

| 食品名               | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
|-------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|
|                   |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |
| <b>【中華めん】</b>     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 中華めん(70g)         | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 中華めん(100g)        | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| <b>【牛乳】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 飲用牛乳              | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| <b>【海鮮チヂミ】</b>    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 海鮮チヂミ(40g)        | 40              | 0               |       |    | ▲ | ●  |    |     | ▲ |     | ●  |     | ▲  |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ●  |      | ▲    |         |    |       |   | ●  |   |   |
| 海鮮チヂミ(50g)        | 0               | 50              |       |    | ▲ | ●  |    |     | ▲ |     | ●  |     | ▲  |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ●  |      | ▲    |         |    |       |   | ●  |   |   |
| <b>【きゅうりのサラダ】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| ホールコーン(冷凍)        | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| キャベツ              | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| にんじん              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| きゅうり              | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| ドレッシング(中華)        | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    | ●   |    | ●  |    |      |     | ●  |      |      |         |    | ●     |   |    | ● |   |
| <b>【勝浦タンタンめん】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 豚ひき肉              | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |
| にんにく              | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| しょうが              | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 米油                | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| たまねぎ              | 35              | 43.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| にんじん              | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 長ねぎ               | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| にら                | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| とりがらスープの素         | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 中華スープの素           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 濃口醤油              | 10              | 12.5            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 塩                 | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 三温糖               | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| ごま油               | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| ラー油               | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| じゃがいも澱粉           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 水                 | 118.9           | 149             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| <b>【ヨーグルト】</b>    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| ヨーグルト(80g・森永)     | 80              | 0               |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| ヨーグルト(100g・森永)    | 0               | 100             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月14日(火)

| 食品名                | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
|--------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|
|                    |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |   |   |
| 【ごはん】              |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 白飯                 | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |
| 【牛乳】               |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 飲用牛乳               | 206      | 206      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 【レバーのオーロラソース和え】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 豚レバー下味濃粉付(1×1×2cm) | 65       | 81.3     | ▲     |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    | ●  |      | ●   |    |      |      |         |    |       |   |    |  |  | ● |   |
| 米油                 | 8.5      | 10.6     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| トマトケチャップ           | 14.5     | 18.1     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 中濃ソース              | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 上白糖                | 3.75     | 4.69     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 水                  | 3.75     | 4.69     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 【キャベツのごま和え】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| もやし                | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| キャベツ               | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| きゅうり               | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| ホールコーン(冷凍)         | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 練りごま               | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| ごま(白・すり)           | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 本みりん               | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 薄口醤油               | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 濃口醤油               | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 【かぼちゃのみそ汁】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| じゃがいも              | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| カットかぼちゃ            | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| たまねぎ               | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 油揚げ(スライス)          | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 味噌(けいわ)            | 11       | 13.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 煮干しパック             | 2        | 2.5      | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 水                  | 117      | 146      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月15日(水)

| 食品名            | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
|----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|--|--|--|--|
|                |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |  |  |  |  |
| 【ごはん】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 白飯             | 60              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    | ● |  |  |  |  |
| 【牛乳】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 飲用牛乳           | 206             | 206             |       |    |   |    |    | ●   |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 【さわらのねぎみそだれがけ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| さわら切身(50g)     | 50              | 0               |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| さわら切身(60g)     | 0               | 60              |       |    |   | ▲  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 長ねぎ            | 2               | 2.5             |       |    |   |    |    | ▲   |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 味噌(白)          | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 三温糖            | 1.8             | 2.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 本みりん           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 水              | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| じゃがいも澱粉        | 0.15            | 0.19            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 【ごぼうサラダ】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| ごぼう(千切り・サラダ用)  | 22              | 27.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| にんじん           | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| むき枝豆(冷凍)       | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| ドレッシング(ごま)     | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 【具だくさん汁】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 大根             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| こんにゃく(短冊切り)    | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| にんじん           | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 干椎茸            | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 生揚げ(カット・サイコロ型) | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 長ねぎ            | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 清酒             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 薄口醤油           | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 塩              | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 本みりん           | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| だしパック(鰹・鯖)     | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 水              | 121.7           | 152             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 【納豆】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 納豆(たれ付き)       | 30              | 0               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |
| 納豆(たれ・辛子付き)    | 0               | 40              |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |  |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月16日(木)

| 食品名              | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
|------------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|--|---|---|
|                  |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |   |   |
| 【こどもパン】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| こどもパン(50g)       | 50      | 0       |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ▲  |  |  |  | ● |   |
| こどもパン(70g)       | 0       | 70      |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ▲  |  |  |  | ● |   |
| 【牛乳】             |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| 飲用牛乳             | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| 【キャベツ入りメンチカツ】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| キャベツ入りメンチカツ(40g) | 40      | 0       |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |   |
| キャベツ入りメンチカツ(60g) | 0       | 60      |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  |  |  | ● |   |
| 米油               | 5       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 中濃ソース(ボトル)       | 5       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 【カラフルソテー】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| 冷凍さやいんげん(カット)    | 10      | 12.5    |       |    |   | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| フランクフルト(カット)     | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| ホールコーン(冷凍)       | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| にんじん             | 22      | 27.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 米油               | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 塩                | 0.01    | 0.01    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 白こしょう            | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| コンソメ             | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 【キャロットポタージュ】     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| 鶏胸小間             | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| にんじん             | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| にんじんペースト         | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| たまねぎ             | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |   |
| 米油               | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 豆乳               | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| ホワイトルウ(Fe・Ca強化)  | 13      | 16.3    |       |    |   | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| ホワイトルウ(アレルゲンフリー) | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 調理用牛乳            | 20      | 25      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| スキムミルク           | 2       | 2.5     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| ミルクカルシウム         | 1.3     | 1.63    |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 塩                | 0.6     | 0.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 白こしょう            | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| コンソメ             | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| とりがらスープの素        | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |
| 水                | 79.1    | 98.9    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月17日(金)

| 食品名                | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
|--------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|---|---|--|
|                    |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |   |   |  |
| 【ごはん】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 白飯                 | 60              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |  | ● |   |  |
| 【牛乳】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 飲用牛乳               | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 【ミートボールケチャップソースかけ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| ミートボール(20g)        | 40              | 0               | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |  |
| ミートボール(30g)        | 0               | 60              | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |  |
| 赤ワイン               | 0.5             | 0.8             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |  |
| 濃口醤油               | 0.26            | 0.4             |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |  |
| 中濃ソース              | 1               | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |  |
| 三温糖                | 0.5             | 0.8             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |  |
| コンソメ               | 0.13            | 0.2             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |  |
| トマトケチャップ           | 3.3             | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |  |
| 水                  | 13              | 2               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 【高野豆腐の炒め煮】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 鶏胸小間               | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| しょうが               | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| カット高野豆腐(千切り)       | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| むき枝豆(冷凍)           | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| キャベツ               | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| さつまあげ(冷凍)          | 15              | 18.8            | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |  |
| にんじん               | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 濃口醤油               | 1.2             | 1.5             |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| 清酒                 | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |  |
| 中華スープの素            | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| 米油                 | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |  |
| オイスターソース           | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |  |
| 【玉ねぎのみそ汁】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| チンゲンサイ             | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| たまねぎ               | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| にんじん               | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |
| 生揚げ(カット)           | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| 味噌(白)              | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |  |
| 煮干しパック             | 2               | 2.5             | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |  |
| 水                  | 117             | 146             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月20日(月)

| 食品名            | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
|----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|-----|-----|----|-----|----|----|----|------|-----|----|------|------|-----|----|-------|---|----|---|---|
|                |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | りんご | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | コーン | ごま | アーモンド | 月 | 前期 |   |   |
| 【地粉うどん】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 地粉うどん(70g)     | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 地粉うどん(100g)    | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 【牛乳】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 飲用牛乳           | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 【みそポテト】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| じゃがいも(カット)     | 55              | 68.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| じゃがいも澱粉        | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 米油             | 7               | 8.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 味噌(赤)          | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    | ●    |     |    |      |      |     |    |       |   |    | ● |   |
| 上白糖            | 3.2             | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 本みりん           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 清酒             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    | ● |   |
| 水              | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 【小松菜ともやしのおひたし】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 小松菜(冷凍)        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| にんじん           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| もやし            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 濃口醤油           | 3.2             | 4               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 清酒             | 1.4             | 1.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| だしパック(鰹・鯖)     | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 水              | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 【なす南蛮うどん】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 豚肩小間切れ         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    | ●  |      |     |    |      |      |     |    |       |   |    |   |   |
| なす             | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| たまねぎ           | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| にんじん           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| しょうが           | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |
| 油揚げ(スライス)      | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 本みりん           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 清酒             | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 濃口醤油           | 13              | 16.3            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 塩              | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| だしパック(鰹・鯖)     | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   | ● |
| 水              | 147.1           | 184             |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |     |    |       |   |    |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2022年6月21日(火)

| 食品名             | 1人分小 (g) | 1人分中 (g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
|-----------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|
|                 |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |
| 【ごはん】           |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 白飯              | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  | ▲  |    |      | ▲   |    |      |      |         |    |       |   | ●  |  |
| 【牛乳】            |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 飲用牛乳            | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 【ねぎみそパオズ】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 葱みそパオズ(25g)     | 50       | 0        | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  | ●  |    |      | ●   |    |      |      |         |    |       | ● |    |  |
| 葱みそパオズ(30g)     | 0        | 60       | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  | ●  |    |      | ●   |    |      |      |         |    |       | ● |    |  |
| 【チンゲン菜とコーンのサラダ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| ホールコーン(冷凍)      | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| もやし             | 30       | 37.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| チンゲンサイ          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| ドレッシング(香味塩)     | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      | ●   |    |      |      |         |    |       |   | ●  |  |
| 【野菜たっぷりマーボー豆腐】  |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 豚ひき肉            | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |
| 豆腐(冷凍・サイコロ)     | 55       | 68.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ●  |  |
| にんじん            | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| たまねぎ            | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 干椎茸             | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| 長ねぎ             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| たけのこ(千切り)       | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| 米油              | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| しょうが            | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |
| 味噌(赤)           | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ●  |  |
| 濃口醤油            | 1.8      | 2.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ●  |  |
| 上白糖             | 1.2      | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| 中華スープの素         | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      | ●   |    |      |      |         |    |       |   | ●  |  |
| ごま油             | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| 豆板醤             | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   | ●  |  |
| オイスターソース        | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| じゃがいも澱粉         | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |
| 水               | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

# 詳細献立表

2022年6月22日(水)

| 食品名                | 1人分小 (g) | 1人分中 (g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
|--------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|
|                    |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |
| <b>【ごはん】</b>       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 白飯                 | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |   | ● |
| <b>【牛乳】</b>        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 飲用牛乳               | 206      | 206      |       |    |   |    |    | ●   |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| <b>【かつおフライ】</b>    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| かつおフライ(40g)        | 40       | 0        |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    | ● |   |
| かつおフライ(60g)        | 0        | 60       |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    | ● |   |
| 米油                 | 7.5      | 9.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 中濃ソース(ボトル)         | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| <b>【ゴーヤチャンプルー】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 豚肩小間切れ             | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |
| ゴーヤ                | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| もやし                | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 生揚げ(カット・サイコロ型)     | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    | ● |   |
| たまねぎ               | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 米油                 | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 濃口醤油               | 0.7      | 0.88     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   | ● |
| 塩                  | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 三温糖                | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 鰹節(碎片)             | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| <b>【もずくスープ】</b>    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 鶏胸小間               | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |
| 長ねぎ                | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| にんじん               | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| 干椎茸                | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 冷凍もずく              | 10       | 12.5     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| えのきだけ(カット)         | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| なると(冷凍)            | 5        | 6.25     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 薄口醤油               | 2.5      | 3.13     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   | ● |
| 塩                  | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 白こしょう              | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 中華スープの素            | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      | ●   |    |      |      |         | ●  |       |   |    | ● |   |
| ごま油                | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |
| 水                  | 121.5    | 152      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| <b>【シークワサーゼリー】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |
| シークワサーゼリー          | 50       | 50       |       |    | ▲ | ▲  |    |     |   |     |    |     |    | ▲  | ▲    | ▲       | ▲   | ▲  |     |    | ▲  | ▲  | ▲    | ▲   |    |      |      |         | ▲  | ▲     |   |    | ● |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



詳細献立表

2022年6月23日(木)

| 食品名          | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
|--------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|--|---|---|
|              |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |  |   |   |
| 【ツイストパン】     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| ツイストパン(50g)  | 50       | 0        |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    | ▲     |   |    | ● |  |   |   |
| ツイストパン(70g)  | 0        | 70       |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    | ● |  |   |   |
| 【牛乳】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 飲用牛乳         | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 【レモンバジルチキン】  |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 鶏もも肉切り身(50g) | 50       | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 鶏もも肉切り身(60g) | 0        | 60       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 塩            | 0.3      | 0.36     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| 白こしょう        | 0.01     | 0.01     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| 米油           | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| にんにく         | 0.4      | 0.48     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| バジルペースト      | 2        | 2.5      | ▲     | ▲  | ▲ | ▲  |    | ▲   | ▲ | ▲   |    |     |    |    |      | ▲       | ▲   | ▲  | ▲   | ▲  | ▲  | ▲  | ▲    | ▲   |    |      | ▲    |         | ▲  | ▲     | ▲ |    | ● |  |   |   |
| 塩            | 0.1      | 0.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| レモン果汁        | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |
| 水            | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 【ボークビーンズ】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 豚肩小間切れ       | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| にんにく         | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| 米油           | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 赤ワイン         | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| たまねぎ         | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| にんじん         | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| じゃがいも        | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| ゆで大豆(冷凍)     | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   |  |   | ● |
| トマトケチャップ     | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| トマトダイスカット    | 3        | 3.75     |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 中濃ソース        | 1.2      | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| コンソメ         | 0.6      | 0.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 塩            | 0.06     | 0.08     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 白こしょう        | 0.01     | 0.01     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 上白糖          | 0.38     | 0.48     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 水            | 2.7      | 3.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 【マカロニスープ】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |
| シュルダーベーコン    | 8        | 10       |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| たまねぎ         | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| キャベツ         | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| にんじん         | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 米油           | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| マカロニ(シェル)    | 4        | 5        |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 塩            | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 白こしょう        | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 白ワイン         | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| コンソメ         | 2.5      | 3.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |
| 水            | 119.9    | 150      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月24日(金)

| 食品名               | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
|-------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|---|---|
|                   |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |   |   |
| 【ごはん】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 白飯                | 60              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |   | ● |   |   |
| 【牛乳】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 飲用牛乳              | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 【豚のから揚げねぎ塩ソースかけ】  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 豚肉角切り竜田揚げ         | 55              | 68.8            | ▲     |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      | ●   |    |      |      |         |    |       |   |    | ● |   |   |   |
| 米油                | 7               | 8.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 長ねぎ               | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| しょうが              | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   | ● |
| 上白糖               | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| レモン果汁             | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| ごま油               | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 中華スープの素           | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 塩                 | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 水                 | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 【親豆子豆和え】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| むき枝豆(冷凍)          | 7               | 8.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| ゆで大豆(冷凍)          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| キャベツ              | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| にんじん              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| ドレッシング(サウザンアイランド) | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 【豆腐と油揚げのみそ汁】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 豆腐(冷凍・サイコロ)       | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| たまねぎ              | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 大根                | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 油揚げ(スライス)         | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   | ● |
| 味噌(白)             | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 煮干しパック            | 2               | 2.5             | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 水                 | 116             | 145             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2022年6月27日(月)

| 食品名                    | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
|------------------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|-----|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|---|
|                        |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | りんご | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |   |
| <b>【中華めん】</b>          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 中華めん(70g)              | 70      | 0       |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 中華めん(100g)             | 0       | 100     |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| <b>【牛乳】</b>            |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 飲用牛乳                   | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| <b>【野菜たっぷり春巻き】</b>     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 野菜たっぷり春巻き(35g)         | 35      | 0       |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |     |     |    |     |    |    | ●  | ●    |     |    |      |      |         |    |       |   | ●  |   |   |   |
| 野菜たっぷり春巻き(50g)         | 0       | 50      |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |     |     |    |     |    |    | ●  | ●    |     |    |      |      |         |    |       |   |    | ● |   |   |
| 米油                     | 5       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| <b>【キャベツと厚揚げの中華炒め】</b> |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 鶏胸小間                   | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 米油                     | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 生揚げ(カット・サイコロ型)         | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    | ● |   |   |
| しょうが                   | 0.1     | 0.13    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| キャベツ                   | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんじん                   | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ごま油                    | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 清酒                     | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 濃口醤油                   | 0.8     | 1       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 塩                      | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 白ごしょう                  | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 中華スープの素                | 0.4     | 0.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    | ●  | ●    |     |    |      |      |         |    |       |   |    |   | ● |   |
| <b>【とんこつラーメン】</b>      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚もも小間切れ                | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚肩小間切れ                 | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんにく                   | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| しょうが                   | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 米油                     | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 清酒                     | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| なると(冷凍)                | 12      | 15      | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| にんじん                   | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| チンゲンサイ                 | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 長ねぎ                    | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚骨ラーメンスープ              | 12      | 15      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| とりがらスープの素              | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 味噌(白)                  | 1.2     | 1.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 塩                      | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 白ごしょう                  | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |
| 水                      | 146.6   | 183     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月28日(火)

| 食品名            | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
|----------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|--|---|
|                |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |   |
| 【ごはん】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| 白飯             | 60      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |  |  |  | ● |
| 【牛乳】           |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| 飲用牛乳           | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| 【さばカレー竜田揚げ】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| さばカレー竜田(50g)   | 50      | 0       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |  | ● |
| さばカレー竜田(60g)   | 0       | 60      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |  | ● |
| 米油             | 5       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 【じゃがいものそぼろ煮】   |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| 豚ひき肉           | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| じゃがいも(カット)     | 40      | 50      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 米油             | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| にんじん           | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| こんにやく(突きこんにやく) | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 冷凍さやいんげん(カット)  | 5       | 6.25    |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  |    | ▲    |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 三温糖            | 12      | 1.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 本みりん           | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 濃口醤油           | 3       | 3.75    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |  | ● |
| 清酒             | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 水              | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 【えのきのみそ汁】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  |   |
| えのきだけ(カット)     | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| にんじん           | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 大根             | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 生揚げ(カット)       | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 小松菜(冷凍)        | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 味噌(赤)          | 4       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 味噌(白)          | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| だしパック(鰹・鯖)     | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |
| 水              | 117     | 146     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |  | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2022年6月29日(水)

| 食品名              | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
|------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|-----|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|---|
|                  |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | りんご | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |   |
| <b>【ごはん】</b>     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 白飯               | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |     |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    | ● |   |   |
| <b>【牛乳】</b>      |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 飲用牛乳             | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| <b>【ビビンバ(肉)】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 豚もも千切り           | 55       | 68.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ぜんまい(水煮)         | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| にら               | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 濃口醤油             | 3.5      | 4.38     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   | ● |   |
| 上白糖              | 2.5      | 3.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| 米油               | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| ごま油              | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| ごま(白・いり)         | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |   |
| <b>【ナムル(野菜)】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| キャベツ             | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんじん             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| もやし              | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ドレッシング(ナムル)      | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   | ● |
| <b>【ビーフンスープ】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ビーフン             | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 鶏胸小間             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| にんじん             | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 大根               | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| たまねぎ             | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| たけのこ(水煮)         | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| なると(冷凍)          | 6        | 7.5      | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 米油               | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 薄口醤油             | 2.5      | 3.13     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   |   |   |
| 塩                | 0.6      | 0.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| ごま油              | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| とりがらスープの素        | 4.2      | 5.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 中華スープの素          | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| じゃがいも澱粉          | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |
| 水                | 113.8    | 142      |       |    |   |    |    |     |   |     |    |     |    |    |      |     |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2022年6月30日(木)

| 食品名             | 1人分小<br>(g) | 1人分中<br>(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | 前期 |      |     |    |      |      |         |    |       |   |  |
|-----------------|-------------|-------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|----|------|-----|----|------|------|---------|----|-------|---|--|
|                 |             |             | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 |    | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 |  |
| 【黒パン】           |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 黒パン(50g)        | 50          | 0           |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    | ●  |      |     |    |      |      |         | ▲  |       | ● |  |
| 黒パン(70g)        | 0           | 70          |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    | ●  |      |     |    |      |      | ▲       |    | ●     |   |  |
| 【牛乳】            |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 飲用牛乳            | 206         | 206         |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 【鶏肉のコーンフレーク焼き】  |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 鶏もも肉切り身(50g)    | 50          | 0           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |    |      |     |    |      |      |         |    |       |   |  |
| 鶏もも肉切り身(60g)    | 0           | 60          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |    |      |     |    |      |      |         |    |       |   |  |
| 塩               | 0.1         | 0.12        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 白こしょう           | 0.01        | 0.01        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| ノンエッグマヨネーズ      | 8           | 10          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●  |      |     |    |      |      |         |    |       |   |  |
| 米粉パン粉           | 2.5         | 3.1         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| コーンフレーク         | 5           | 6           |       |    |   | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    | ▲   |    |    |    | ▲  |      |     |    |      |      |         |    |       |   |  |
| 【ブロッコリーサラダ】     |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| ブロッコリー(冷凍)      | 25          | 31.3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| にんじん            | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| ホールコーン(冷凍)      | 12          | 15          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| こんにゃく(サラダこんにゃく) | 12          | 15          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| ドレッシング(コールスロー)  | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 【ミネストローネ】       |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| フランクフルト(カット)    | 8           | 10          |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  | ▲  | ●  |    | ▲    |     |    |      |      |         |    |       |   |  |
| キャベツ            | 15          | 18.8        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| にんじん            | 8           | 10          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| たまねぎ            | 20          | 25          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| ひよこ豆            | 15          | 18.8        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 米油              | 0.8         | 1           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| トマトダイスカット       | 25          | 31.3        |       |    |   |    |    |     | ▲ |     |    |     |    |    | ▲    |         |     | ▲  | ▲   |    |    |    |    | ▲    |     |    |      |      |         |    |       |   |  |
| トマトケチャップ        | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| コンソメ            | 2           | 2.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 塩               | 0.6         | 0.75        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 白こしょう           | 0.02        | 0.03        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |
| 水               | 86.6        | 108         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |    |      |     |    |      |      |         |    |       |   |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)