

(様式1)

献立表・アレルギー表示 (R8 7月~9月分)

| | 献立名 | 材料名 | cal | アレルギー表示 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|--------|---------|-----------|---------|---|----|----|----|----|-------|----|-----|----|-----|------|-----|----|-----|-----|----|-----|---------|-------|----|----|----|----|----|----|----|
| | | | | 卵 | 乳 | 小麦 | エビ | カニ | そば | ピーナッツ | ゴマ | アワビ | イカ | イクラ | オレンジ | キウイ | モモ | バナナ | リンゴ | 牛肉 | クルミ | カシューナッツ | アーモンド | サケ | サバ | 大豆 | 鶏肉 | 豚肉 | 松茸 | 山羊 |
| 月 | パン | バターロール | *1 | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | いちごジャム | | *2 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | スライス火腿 | | *3 | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | ○ | | ○ | | | |
| | ミートボール | | *15 | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | ○ | ○ | | | | |
| | 月 | コルソーサラダ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 胡瓜 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | ミックスベジタブル | *21 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | コンソメスープ | コンソメ | *5 | | ○ | ○ | | | | | | | | | | | | | | | | | | ○ | ○ | | | | |
| | | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
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| 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 月 | ハヤシライス | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉 | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ハヤシのルー | *35 | | | ○ | | | | | | | | | | | | | | | | | | ○ | ○ | | | | | |
| | 月 | 生野菜サラダ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 胡瓜 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | コーン | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | ミニトマト | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ボイル野菜 | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | フルーツ | パイナップル | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 月 | ごはん | 米 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚串カツ | | *26 | | | | | | | | | | | | | | | | | | | | | ○ | ○ | | | | | |
| | 付け合わせ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 月 | 金平れんこん | れんこん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 胡麻 | | | | | | | | | | | | ○ | | | | | | | | | | | | | | | |
| | | ひじき煮 | だしの素 | *9 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | ひじき | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 油揚げ | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | | だしの素 | *9 | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| 夕食 | ボイル野菜 | 塩枝豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | 小松菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | 米味噌 | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | |
| | | だしの素 | *9 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フルーツ | りんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
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| 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |