

## アレルゲン一覧表

2月⇒ 1、5、9、13、17、21、25、29

|   |            |            |     | ★:含む | ●:コントミ有り | (コントミ:同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている) |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|---|------------|------------|-----|------|----------|--|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|----------|-------|----------|
|   |            | 献立名        | 商品名 | 小麦   | そば       | 卵  | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | パナナ | 豚肉 | もも | やまいも | りんご | ゼラチン | ごま | カシュー・ナッツ | アーモンド | マカダミアナッツ |
| 朝 | ご飯         | 精白米        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | わかめ        |     |      |          |  |   |     | ●  | ●  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | 味噌汁        | 油揚げ        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 合わせ味噌      | ●   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | だし汁        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |          |       |          |
|   | かに玉        | かに玉        | ★   | ★    |          |  |   |     | ★  |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | トマトケチャップ   |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | 焼壳         | 肉しゅうまい     | ★   | ★    |          |  |   |     | ★  | ★  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | スパゲティナポリタン | スパゲティナポリタン | ★   |      |          |  |   | ★   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | ふりかけ       | ふりかけ(おかか)  | ★   | ★    | ★        |  |   | ●   | ●  |    |     |     |    |     |      |     |    |    |    |    |    | ★   | ★  |    |      |     |      |    |          |       |          |
|   | ヨーグルト      | ヨーグルト      |     |      |          |  |   | ★   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |
| 昼 | きつねどん      | うどん        | ★   | ●    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 味付いなり      | ★   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | かまぼこ       |     |      |          |  |   |     | ●  | ●  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | わかめ        |     |      |          |  |   | ●   | ●  | ●  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 青ねぎ        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 砂糖         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | みりん風調味料    |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 料理酒        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 食塩         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 濃口醤油       | ★   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 薄口醤油       | ★   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | だし汁        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  |     |    |    |      |     |      |    |          |       |          |
| 夜 | ゆかり        | ごはん        | 精白米 |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | ゆかり        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | かきあげ       | 野菜かきあげ     | ★   | ★    |          |  |   | ●   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | 果物         | マンゴー       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | ご飯         | 精白米        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | 鶏の唐揚げ      | 若鶏のからあげ    | ★   | ★    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |
|   |            | なたね油       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | 千切りキャベツ    | キャベツ       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 香りゴマドレ     | ★   | ★    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |
|   | クリームシュー    | じゃがいも      |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 玉葱         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 人参         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | カーネルコーン    |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | シチューの素     | ★   |      | ★        |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 塩こしょう      |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
| 夜 | コンソメスープ    | もやし        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   |            | 人参         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | コンソメ       | ★          |     | ★    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |
|   | 塩こしょう      |            |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | ゼリー        | ゼリーの素(ぶどう) |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | かんてんカツ     |            |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |
|   | ふりかけ       | ふりかけ(さけ)   | ★   | ★    | ★        |  |   | ●   | ●  |    |     |     |    |     |      |     |    |    |    |    |    | ★   | ★  |    |      |     |      |    | ★        |       |          |

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

(株)LEOC

## アレルゲン一覧表

2月⇒ 2、6、10、14、18、22、26、30

|   |          |           | ★ 含む | ●  | コンタミ有り (コンタミ: 同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている) |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|---|----------|-----------|------|----|--|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|---------|-------|-------------|
|   | 献立名      | 商品名       | 小麦   | そば | 卵  | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | りんご | ゼラチン | こま | カシコーナッツ | アーモンド | マカダミア・アーモンド |
| 朝 | ご飯       | 精白米       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | 味噌汁      | 小松菜       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 油揚げ       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 合わせ味噌     | ●    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | だし汁       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | ミートオムレツ  | ミートオムレツ   | ★    |    | ★  | ★ |     | ●  | ●  |     |     |    |     |      |     |    |    |    | ●  | ★  | ★   | ★  |    | ●    | ●   | ●    | ●  | ●       |       |             |
|   |          | トマトケチャップ  |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | ポイルワインナー | ワインナー     | ★    |    | ★  | ★ |     |    |    |     |     |    |     |      |     |    |    |    | ★  | ★  | ★   | ★  |    |      |     |      |    |         |       |             |
|   | ポテトサラダ   | ポテトサラダ    | ★    |    | ★  | ★ |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  | ★   | ★  |    |      |     |      |    |         |       |             |
|   | ふりかけ     | ふりかけ(おかか) | ★    |    | ★  | ★ |     | ●  | ●  |     |     |    |     |      |     |    |    |    |    | ★  | ★   |    |    |      |     |      |    | ★       |       |             |
| 昼 | ヨーグルト    | ヨーグルト     |      |    |  |   | ★   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         | ★     |             |
|   | 親子丼      | 精白米       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 鶏むね肉      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     | ★  |    |      |     |      |    |         |       |             |
|   |          | 玉葱        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 砂糖        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | みりん風調味料   |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 濃口醤油      | ★    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | 薄口醤油      | ★    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | だし汁       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | 卵         |      |    | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
| 夜 | 棒々麺      | 鶏ささみ      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | もやし       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     | ★  |    |      |     |      |    |         |       |             |
|   |          | 青梗菜       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 人参        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 胡麻ドレッシング  | ★    |    | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    | ★       |       |             |
|   |          | 白ごま       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         | ★     |             |
|   |          | 濃口醤油      | ★    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | 生姜        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | にんにく      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | わかめスープ    |      |    |  |   |     | ●  | ●  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
| 夕 | 果物       | パイナップル    |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | ご飯       | 精白米       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | ミックスフライ  | 牛肉コロッケ    | ★    |    | ●  | ● |     |    |    | ●   |     |    |     |      |     |    |    |    | ●  | ★  | ★   |    |    | ●    | ●   | ●    |    |         |       |             |
|   |          | 豚カツ       | ★    |    | ★  | ★ |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  |     |    |    |      |     |      |    |         |       |             |
|   |          | なたね油      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | 千切りキャベツ  | とんかつソース   |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  |     |    |    |      |     |      |    |         | ★     |             |
|   |          | キャベツ      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 香りゴマドレ    | ★    |    | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  |     |    |    |      |     |      |    | ★       |       |             |
|   |          | ひじき       |      |    |  |   |     | ●  | ●  | ●   | ●   |    |     |      |     |    |    |    | ●  |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 人参        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
| 夕 | ひじきの煮物   | レンコン      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | 油揚げ       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | いんげん      |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 砂糖        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | みりん風調味料   |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 濃口醤油      | ★    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | だし汁       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    | ★  |     |    |    |      |     |      |    |         |       |             |
|   | かきたま汁    | 卵         |      |    | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 料理酒       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   |          | 食塩        |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
| 夕 | ゼリー      | 薄口醤油      | ★    |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     | ★  |    |      |     |      |    |         |       |             |
|   |          | だし汁       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    | ★   |    |    |      |     |      |    |         |       |             |
|   |          | 片栗粉       |      |    |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |         |       |             |
|   | ふりかけ     | ふりかけ(さけ)  | ★    |    | ★  | ★ |     | ●  | ●  |     |     |    |     |      |     |    |    |    | ★  | ★  |     |    |    |      |     |      | ★  |         |       |             |

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

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アレルゲン一覧表

2月⇒ 3、7、11、15、19、23、27、31

|   |               |            | ★ 含む      | ● :コンタミ有り (コンタミ:同一工場で使用している又は同じ製造ラインで使用している。原材料がえび・かにを食べている) | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | りんご | ゼラチン | こま | カシュー・ナッツ | アーモンド | マカダミアナッツ |  |
|---|---------------|------------|-----------|--|----|----|---|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|----------|-------|----------|--|
|   | 献立名           | 商品名        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | ご飯            | 精白米        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | わかめ        |           |  |    |    |   |   |     |    | ●  | ●   |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | 味噌汁           | 油揚げ        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 合わせ味噌      | ●         |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | だし汁        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 朝 | 照焼き<br>ミートボール | ミートボール     | ★         | ●  | ★  |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 砂糖         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | みりん風調味料    |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 料理酒        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 濃口醤油       | ★         |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 片栗粉        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 海鮮しゅうまい    | ★         |  | ★  |    |   |   |     | ★  | ★  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | パンプキンサラダ   | ★         |  | ★  | ★  |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ふりかけ       | ふりかけ(おかか) | ★  |    | ★  | ★ |   |     | ●  | ●  |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ヨーグルト      | ヨーグルト     |  |    |    | ★ |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 昼 | ちゃんぽん         | ちゃんぽん麺     | ★         |  | ★  |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | キャベツ       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | もやし        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 玉葱         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | きくらげ       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 人参         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | かまぼこ       |           |  |    |    | ● | ● |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 豚小間        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | サラダ油       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 塩こしょう      |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | 長崎ちゃんぽんスープ    | 長崎ちゃんぽんスープ | ★         |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ガラスープの素    |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ゆかり        | 精白米       |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ごはん        | ゆかり       |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 揚げぎょうざ     | ぎょうざ      | ★  | ●  | ★  |   | ● | ●   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | なたね油       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 果物         | マンゴー      |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ご飯         | 精白米       |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ハンバーグ      | ハンバーグ     | ★  | ●  | ★  |   |   |     |    |    |     |     |    |     |      |     |    |    | ★  |    |    | ★   | ★  | ●  | ●    | ●   | ●    | ●  | ●        |       |          |  |
|   |               | トマトケチャップ   |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | フライド ポテト      | フライドポテト    |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | なたね油       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 食塩         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 大根         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 小松菜        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | カーネルコーン    |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ツナフレーク     |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 砂糖         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 濃口醤油       | ★         |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 酢          |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | コンソメ スープ      | サラダ油       |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 塩こしょう      |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | もやし        |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | 人参         |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | コンソメ       | ★         |  | ★  |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | ゼリー           | ゼリーの素(ぶどう) |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | かんてんカッカ    |           |  |    |    |   |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |               | ふりかけ       | ふりかけ(さけ)  | ★  |    | ★  | ★ |   | ●   | ●  |    |     |     |    |     |      |     |    |    |    |    |    | ★   | ★  |    |      |     |      |    |          |       |          |  |

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アレルゲン一覧表

2月⇒ 4、8、12、16、20、24、28

|   |          |             |     | ★:含む | ●:コントミ有り | (コントミ:同一工場で使用している又は同じ製造ラインで使用している、原材料がえび・かにを食べている) |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|---|----------|-------------|-----|------|----------|--|---|-----|----|----|-----|-----|----|-----|------|-----|----|----|----|----|----|-----|----|----|------|-----|------|----|----------|-------|----------|--|
|   |          | 献立名         | 商品名 | 小麦   | そば       | 卵  | 乳 | 落花生 | えび | かに | くるみ | あわび | いか | いくら | オレンジ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | もも | やまいも | りんご | ゼラチン | ごま | カシュー・ナッツ | アーモンド | マカダミアナッツ |  |
| 朝 | ご飯       | 精白米         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | 味噌汁      | 小松菜         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 油揚げ         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 合わせ味噌       | ●   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | だし汁         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | 目玉焼き     | 目玉焼き        |     | ★    | ★        |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |
|   |          | 塩コショウ       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | ミートボール   | ミートボール      | ★   |      | ●        | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | トマト煮     | 砂糖          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | トマトケチャップ    |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | ウスター・ソース    |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 昼 | マカロニサラダ  | マカロニサラダ     | ★   |      | ★        |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | ふりかけ     | ふりかけ(おかか)   | ★   |      | ★        | ★  |   | ●   | ●  |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |
|   | ヨーグルト    | ヨーグルト       |     |      |          |  | ★ |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |
|   |          | 豆腐          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 豚ひき肉        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        |       |          |  |
|   |          | 白ねぎ         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 生姜          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | にんにく        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | サラダ油        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        |       |          |  |
|   |          | 赤だしハ丁味噌     |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夜 | 麻婆丼      | テンメンジャン     | ★   |      |          | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       | ★        |  |
|   |          | 豆板醤         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |
|   |          | 砂糖          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 料理酒         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 濃口醤油        | ★   |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | コンソメ        | ★   |      |          | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        |       |          |  |
|   |          | 片栗粉         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | ごま油         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |
|   | 春巻       | カレー春巻       | ★   | ●    | ●        | ●  | ● |     | ●  |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     | ●    | ●  | ●        |       |          |  |
|   |          | なたね油        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | ワカメスープ   | わかめ         |     |      |          |  | ● | ●   |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | コンソメ        | ★   |      |          | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        | ★     |          |  |
|   |          | 塩こしょう       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | ごま油         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       | ★        |  |
| 夕 | 果物       | ゴールデンパイン    |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | ご飯       | 精白米         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | 鶏天       | とり天         | ★   | ●    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        | ★     |          |  |
|   |          | なたね油        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | 千切りキャベツ  | キャベツ        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 香りゴマドレ      | ★   | ★    |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       | ★        |  |
|   | ジャーマンポテト | フライドポテト     |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | ウインナー       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        | ★     | ★        |  |
|   |          | 玉葱          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | サラダ油        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    | ★        | ★     |          |  |
| 夕 | かきたま汁    | コンソメ        | ★   |      | ★        |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 塩こしょう       |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | にんにく        |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 卵           |     |      |          | ★  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 料理酒         |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | 食塩          |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
| 夕 | ゼリー      | ゼリーの素(青りんご) |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   |          | かんてんカック     |     |      |          |  |   |     |    |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          |       |          |  |
|   | ふりかけ     | ふりかけ(さけ)    | ★   |      | ★        | ★  |   | ●   | ●  |    |     |     |    |     |      |     |    |    |    |    |    |     |    |    |      |     |      |    |          | ★     |          |  |

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

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