# 食物アレルゲンチェックリスト

献立修正：【令和 3年 6月 1日 火曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 可食量（g）（中） | 可食量（g）（高） | 可食量（g）中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01624 | ごはん | 01110C | 白ごはん（減量サイズ） | 50.00 | 60.00 | 70.00 | 80.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00681 | 春雨スープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130C | 豚もも肉　（せん切り） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 10.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.50 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02372 | 焼きぎょうざ（２） | 18002Q | 焼きぎょうざ（にんにく・卵・ | 36.00 | 36.00 | 36.00 | | ● | | | | | | | | | | | ● | | ● | | | ● | ● | ● | | | | | | | | | ● | | | | ● | | | | | | | |
| | | 18002R | 焼きぎょうざ（にんにく・卵・乳抜き）２４ｇ | | | | 48.00 | ● | | | | | | | | | | | ● | | ● | | | ● | ● | ● | | | | | | | | | ● | | | | ● | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02132 | キムタクチャーハンの具 | 14002A | 純正ごま油（１．５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06415A | きざみキムチ（１ｃｍ・１ｋｇ | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06137A | 刻みたくあん（１ｋｇ入り） | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.08 | 1.20 | 1.32 | 1.44 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17105B | テンメンジャン（５００ｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06228A | 万能葱 | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 3年 6月 2日 水曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00761 | ナン | 01217A | ナン　５０ｇ（出来上がり重量 | 50.00 | | | | ● | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01217D | ナン　７０ｇ（出来上がり重量） | | 70.00 | 70.00 | | ● | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01217F | ナン　１００ｇ（出来上がり重量） | | | | 100.00 | ● | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02286 | 米粉めんとかぶのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 10.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 01300A | 米粉めん（１ｋｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.63 | 0.70 | 0.77 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06034A | かぶ（葉なし・Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404B | 京菜（３５ｃｍ～４０ｃｍ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02223 | コーンフライ | 18383B | サクッとこんなにコーン　４０ | 40.00 | 40.00 | 40.00 | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 18271B | サクッとこんなにコーン　６０ｇ | | | | 60.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.00 | 4.00 | 4.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02271 | スラッピージョー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16011A | ワイン（赤・国産・１．８リッ | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17130A | スープストック（１ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17001A | ウスターソース | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 3.15 | 3.50 | 3.85 | 4.20 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 3年 6月 3日 木曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01576 | ポークカレー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 45.00 | 50.00 | 55.00 | 60.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17051B | バーモントカレー（無添加・１ | 9.45 | 10.50 | 11.55 | 12.60 | ● | | | | | ● | | | | | | | | | ● | ● | ● | | ● | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17051A | カレールウ（無添加・１ｋｇ） | 6.30 | 7.00 | 7.70 | 8.40 | ● | | | | | ● | | | | | | | | | ● | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17114A | マサラマイルド（３５０ｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17101A | アップルソース（１ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.35 | 1.50 | 1.65 | 1.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13025A | プレーンヨーグルト（無糖、１ | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00346 | フランクフルト | 11189C | フランクフルト　（個数　４０ | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02617 | ごまドレッシングサラダ | 06061A | キャベツ（Ｌ又は２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06065B | きゅうり（ＢＭ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 06136A | 切り干し大根（カット） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 14003C | 米サラダ油（１．３５ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.63 | 0.70 | 0.77 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月 4日 金曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02553 | かむかむごはん | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003R | つきこんにゃく（２ｃｍ～３ｃ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01343A | 精米（地場産） | 49.50 | 55.00 | 60.50 | 66.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01348B | 米粒麦（１ｋｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00377 | 沢煮椀 | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130C | 豚もも肉　（せん切り） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06084E | ささがきごぼう（長さ２～３ｃ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02491 | ふじみ野メンチカツ | 18322A | 小松菜メンチカツ（６０ｇ） | 60.00 | 60.00 | 60.00 | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | ● | | | | | | |
| | | 18322B | 小松菜メンチカツ（８０ｇ） | | | | 80.00 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | ● | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 6.00 | 6.00 | 6.00 | 8.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02412 | レモンゼリー | 15325A | レモンゼリー（４０ｇつぶつぶ | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00625 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 10.62 | 10.62 | 10.62 | 10.62 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月 7日 月曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00107 | ホット中華めん | 01048B | ホット中華めん　７０ｇ | 70.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048C | ホット中華めん　８０ｇ | | 80.00 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048D | ホット中華めん　９０ｇ | | | 90.00 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048E | ホット中華めん　１００ｇ | | | | 100.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02616 | みそつけめんのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.41 | 0.45 | 0.50 | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.41 | 0.45 | 0.50 | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 12.15 | 13.50 | 14.85 | 16.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.87 | 4.30 | 4.73 | 5.16 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02196 | 五目包子（２） | 18365B | （冷）五目包子　２５ｇ | 50.00 | 50.00 | 50.00 | 50.00 | ● | | | | | | | ● | | | | | | | | | ● | | ● | | | | | | | | | | | | | ● | | | | | | | | |

献立修正：【令和 3年 6月 7日 月曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01904 | ウィンナーポテト | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11186W | ウインナーソーセージ　（５ｍ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02105C | チルドポテト（ダイス） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月 8日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02171 | 五目ワンタンスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.10 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 10384A | なると（１６０ｇ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 01202A | ウェーブワンタン皮 | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 6.30 | 7.00 | 7.70 | 8.40 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17006A | ラー油（１リットル） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02039 | いかのレモンソースかけ | 10342A | いか切身（ムラサキイカ、下味 | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.80 | 2.00 | 2.20 | 2.40 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07156B | レモン果汁（冷凍・５００ｍｌ | 1.00 | 1.00 | 1.00 | 1.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月 8日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02593 | 星型トッポギの甘辛炒め | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.23 | 0.25 | 0.28 | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 18277D | 星型トッポギ（１ｋｇ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17038C | ヤンニョムチキンのタレ | 1.62 | 1.80 | 1.98 | 2.16 | ● | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.16 | 2.40 | 2.64 | 2.88 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06245A | ピーマン（Ｌ、ばら） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 3年 6月 9日 水曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01714 | クロワッサン | 01035A | クロワッサン　４０ｇ　給 | 40.00 | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01035B | クロワッサン　５０ｇ　給 | | 50.00 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01035C | クロワッサン　６０ｇ　給 | | | 60.00 | 60.00 | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02425 | 和風スパゲティ | 14001A | オリーブ油（１リットル） | 0.50 | 0.60 | 0.50 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17073C | 唐辛子（輪切り・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　（kg、短冊切り、１ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 11130C | 豚もも肉　（せん切り） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 06084E | ささがきごぼう（長さ２～３ｃ | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206V | エリンギ　バラ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 8.37 | 9.30 | 10.23 | 11.16 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 3.51 | 3.90 | 4.29 | 4.68 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063A | スパゲティ（ハーフ） | 36.00 | 40.00 | 44.00 | 48.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01399 | あらびきウィンナー（２） | 11303A | 荒挽きウィンナー　（個数、２ | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 11303B | 荒挽きウィンナー　（個数、２５ｇ） | | | | 50.00 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 7.56 | 8.40 | 9.24 | 10.08 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 3.24 | 3.60 | 3.96 | 4.32 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 1.44 | 1.60 | 1.76 | 1.92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02181 | フルーツ＆豆乳ゼリー | 15284D | 豆乳ゼリー（杏仁風味２ｋｇ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 07035A | みかん缶（１号缶） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 07153A | リンゴ缶（ダイス・１号缶） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 3年 6月10日 木曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 可食量（g）（中） | 可食量（g）（高） | 可食量（g）中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00460 | かき卵汁 | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.41 | 0.45 | 0.50 | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 12004A | 鶏卵　（Ｌサイズ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（Ｍ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01748 | スタミナ焼肉 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 40.50 | 45.00 | 49.50 | 54.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.58 | 6.20 | 6.82 | 7.44 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00704 | ごぼうサラダ | 06084B | 千切りごぼう（　３ｍｍ×３ｍ | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06065B | きゅうり（ＢＭ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017 | ソイドレッシング | 17125Q | ソイドレッシング（２００ｍｌ | 4.80 | 4.80 | 4.80 | 4.80 | ● | | ● | ● | | | | | | | | ● | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 3年 6月11日 金曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01624 | ごはん | 01110C | 白ごはん（減量サイズ） | 50.00 | 60.00 | 70.00 | 80.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01686 | わかめスープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206K | ぶなしめじ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10379A | かまぼこ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.32 | 0.35 | 0.39 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02247 | チキンカツ | 18137C | チキンカツ（４０ｇ） | 40.00 | 40.00 | 40.00 | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | ● | | | | | | | | |
| | | 18137D | チキンカツ（５０ｇ） | | | | 50.00 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | ● | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月11日 金曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02408 | ジャンバラヤの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06119A | セロリ | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11186W | ウインナーソーセージ　（５ｍ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.17 | 1.30 | 1.43 | 1.56 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17055B | オールスパイス | 0.32 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17061A | カレー粉（２ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06245A | ピーマン（Ｌ、ばら） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00625 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 10.62 | 10.62 | 10.62 | 10.62 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月14日 月曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00927 | ソフト麺 | 01319B | ソフトメン　７０ｇ | 70.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01319C | ソフトメン　８０ｇ | | 80.00 | 80.00 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01319E | ソフトメン　１００ｇ | | | | 100.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02200 | ミートソース | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18138A | チャツネ（１ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17104C | デミグラスソース（３ｋｇ） | 27.00 | 30.00 | 33.00 | 36.00 | ● | | | | | | | | | | | | | | | ● | ● | | ● | | ● | | | | | | | | | | | | ● | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17135A | ハヤシフレーク | 7.65 | 8.50 | 9.35 | 10.20 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02195 | ハッシュドポテト | 18130A | （冷）ハッシュドポテト４０ｇ | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.00 | 4.00 | 4.00 | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01094 | 野菜ソテー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　（kg、短冊切り、１ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06010B | いんげん（国産、Ｓ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 3年 6月15日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02620 | 豚肉と大根の旨煮 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 45.00 | 50.00 | 55.00 | 60.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 40.50 | 45.00 | 49.50 | 54.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10386A | さつまあげ（角型、ｋｇ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003S | つきこんにゃく（２ｃｍ～３ｃ | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 8.10 | 9.00 | 9.90 | 10.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 3.15 | 3.50 | 3.85 | 4.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06010C | いんげん（国産　Ｓ　３～５セ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02423 | さばの西京あげ | 18406A | 鯖の西京揚げ（４０ｇ） | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 18406B | 鯖の西京揚げ（５０ｇ） | | | | 50.00 | | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.00 | 4.00 | 4.00 | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02460 | カリカリココア豆 | 04023B | いり大豆 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 03003A | 上白糖（１ｋｇ） | 4.23 | 4.70 | 5.17 | 5.64 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17119A | 純ココア（４００ｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03003A | 上白糖（１ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012C | 自然塩（１ｋｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月17日 木曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02183 | ガーリックライス | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　（kg、短冊切り、１ | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.59 | 0.65 | 0.72 | 0.78 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 76.50 | 85.00 | 93.50 | 102.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01343A | 精米（地場産） | 67.50 | 75.00 | 82.50 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02600 | ポテトボールスープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 18236A | （冷）ポテトボール　１０ｇ | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（M） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02202 | 鶏の塩麹から揚げ | 11224C | 鶏切身（もも　４０ｇ　漬け込 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 11224D | 鶏切身（もも　５０ｇ　漬け込み） | | | | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.53 | 1.70 | 1.87 | 2.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17161A | 液体塩こうじ（５００ｍｌ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02489 | ヨーグルト | 13026J | ○ヨーグルト８０ｇ（チチヤス | 80.00 | 80.00 | 80.00 | 80.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月21日 月曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 可食量（g）（中） | 可食量（g）（高） | 可食量（g）中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00107 | ホット中華めん | 01048B | ホット中華めん　７０ｇ | 70.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048C | ホット中華めん　８０ｇ | | 80.00 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048D | ホット中華めん　９０ｇ | | | 90.00 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048E | ホット中華めん　１００ｇ | | | | 100.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01777 | キムチラーメンのスープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306C | ガラポン（鶏・豚、２ｋｇ入り | 12.00 | 12.00 | 12.00 | 14.00 | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06415A | きざみキムチ（１ｃｍ・１ｋｇ | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.50 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01705 | 春巻 | 18199C | 国産春巻（５０ｇ） | 50.00 | 50.00 | 50.00 | | ● | | | | | | | | | | | | | ● | | | ● | | ● | | | | | | | | ● | ● | | | | ● | | | | | | | | |
| | | 18199D | 国産春巻（６０ｇ） | | | | 60.00 | ● | | | | | | | | | | | | | ● | | | ● | | ● | | | | | | | | ● | ● | | | | ● | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02488 | あじさいポンチ | 15212J | カットゼリー（さくらんぼ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 15212K | カットゼリー（サイダー風） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07153A | リンゴ缶（ダイス・１号缶） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月22日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01173 | 厚揚げのみそ汁 | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 24.30 | 25.00 | 29.70 | 32.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18204A | 生揚げ（国産大豆１００％） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.27 | 0.30 | 0.33 | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17045C | 地元産手作り大豆味噌（白味噌 | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01739 | おろし焼肉 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 45.00 | 50.00 | 55.00 | 60.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 43.20 | 48.00 | 52.80 | 57.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 2.16 | 2.40 | 2.64 | 2.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 0.50 | 0.50 | 0.50 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02294 | きゅうりとたくあんのカク | 06065B | きゅうり（ＢＭ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 06137A | 刻みたくあん（１ｋｇ入り） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007A | 醤油　１０００ｍｌ | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月23日 水曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00005 | コッペパン | 01029U | コッペパンスライス　４０ｇ | 40.00 | | | | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01029V | コッペパンスライス　５０ｇ | | 50.00 | | | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01029W | コッペパンスライス　６０ｇ | | | 60.00 | 60.00 | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01623 | コーヒーミルク | 13007A | コーヒーミルク（２００ｍｌ： | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01868 | ミネストローネスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06119A | セロリ | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　（kg、短冊切り、１ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224G | 鶏角肉（もも　１ｃｍ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063G | マカロニ（シェル） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06182D | トマト（Ｌ、ｋｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02492 | 豆乳クリームコロッケ | 18112B | 豆乳クリームコロッケ５０ｇ（ | 50.00 | 50.00 | 50.00 | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | | 18112C | 豆乳クリームコロッケ６０ｇ（卵・乳不使用） | | | | 60.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月23日 水曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02228 | ツナサンドの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10264A | マグロツナ（１ｋｇ入り） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.01 | 0.01 | 0.01 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17042J | マヨネーズ（ベーカリー） | 10.80 | 12.00 | 13.20 | 14.40 | ● | | ● | ● | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00625 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 10.62 | 10.62 | 10.62 | 10.62 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月24日 木曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01986 | ハヤシライス | 14003A | 米サラダ油（１６．５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01015A | 小麦粉（２５ｋｇ・薄力粉） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14017A | バター（４５０ｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 15.30 | 17.00 | 18.70 | 20.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17135A | ハヤシフレーク | 9.00 | 10.00 | 11.00 | 12.00 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17001A | ウスターソース | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17104C | デミグラスソース（３ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | ● | ● | | ● | | ● | | | | | | | | | | | ● | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02193 | たこナゲット（２） | 10601A | （冷）たこナゲット　２０ｇ | 40.00 | 40.00 | 40.00 | | ● | | | | | | | | | ● | ● | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 10601B | （冷）たこナゲット　３０ｇ | | | | 60.00 | ● | | | | | | | | | ● | ● | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.40 | 4.40 | 4.40 | 6.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00648 | 冷凍みかん | 07027D | （冷）みかん（M） | 93.30 | 93.30 | 93.30 | 93.30 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月25日 金曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01624 | ごはん | 01110C | 白ごはん（減量サイズ） | 50.00 | 60.00 | 70.00 | 80.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01939 | ラビオリスープ | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 01231A | （冷）ラビオリミドリテープ | 18.00 | 20.00 | 22.00 | 24.00 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404B | 京菜（３５ｃｍ～４０ｃｍ） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02534 | チキンのフリフリソースか | 11221D | 鶏切身（もも　４０ｇ） | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 11221F | 鶏切身（もも　５０ｇ） | | | | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17001A | ウスターソース | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 16101B | パインアップルジュース（１Ｌ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リットル） | | | | 1.20 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | | | | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | | | | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月25日 金曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01800 | カラフルピラフの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11186W | ウインナーソーセージ　（５ｍ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06247A | 赤ピーマン（Ｌ、ばら） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06245A | ピーマン（Ｌ、ばら） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 3年 6月28日 月曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00106 | 地粉うどん | 01041B | 地粉うどん　７０ｇ | 70.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01041C | 地粉うどん　８０ｇ | | 80.00 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01041D | 地粉うどん　９０ｇ | | | 90.00 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01041E | 地粉うどん　１００ｇ | | | | 100.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00143 | ごまみそうどんの汁 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10381A | 焼ちくわ（１００ｇ） | 7.20 | 8.00 | 8.80 | 9.60 | ● | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 6.93 | 7.70 | 8.47 | 9.24 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046B | 県産大豆味噌（白味噌） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018I | ねりごま（１kg） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01676 | 笹かまの天ぷら | 10456B | 笹かまぼこ　３０ｇ | 30.00 | 30.00 | 30.00 | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10456A | 笹かまぼこ　４０ｇ | | | | 40.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01015A | 小麦粉（２５ｋｇ・薄力粉） | 7.20 | 8.00 | 8.80 | 9.60 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01877 | 枝豆 | 06015A | 枝豆（地場産） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012C | 自然塩（１ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月29日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00045 | ごはん | 01110B | 白ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02191 | 星のトックスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 10.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 18277D | 星型トッポギ（１ｋｇ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01770 | オムレツのソースかけ | 18153A | プレーンオムレツ（５０ｇ） | 50.00 | 50.00 | 50.00 | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18153B | プレーンオムレツ（６０ｇ） | | | | 60.00 | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月29日 火曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02261 | 豚肉と切干大根のエスニッ | 14002A | 純正ごま油（１．５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06136A | 切り干し大根（カット） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206V | エリンギ　バラ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17031B | オイスターソース（１ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 3年 6月30日 水曜日】 中ブロック

# 食物アレルゲンチェックリスト

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | うずら卵 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | ナッツ類（ピーナッ | 果物 | 大豆 | ごま | 豚肉 | 山芋 | トマト | 瓜科 | さといも | なす | オクラ | もやし | たけのこ | キャベツ | 栗 | いんげん豆科 | エンドウ | とうもろこし | 鶏肉 | ゼラチン | 牛肉 | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00889 | 子供パン | 01287A | 子供パンスライス　４０ｇ | 40.00 | | | | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01287B | 子供パンスライス　５０ｇ | | 50.00 | | | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01287C | 子供パンスライス　６０ｇ　１個とり | | | 60.00 | 60.00 | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00773 | 米粉ポタージュ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02102A | 上新粉 | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 43.50 | 43.50 | 43.50 | 53.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.31 | 1.45 | 1.60 | 1.74 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13014A | 生クリーム | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14017A | バター（４５０ｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00307 | てりやきハンバーグ | 18013C | ハンバーグ（焼き用、６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | ● | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.05 | 4.50 | 4.95 | 5.40 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 2.34 | 2.60 | 2.86 | 3.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.32 | 0.35 | 0.39 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01966 | コーンと枝豆のソテー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06017E | むき枝豆（タイ産） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.23 | 0.25 | 0.28 | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.27 | 0.30 | 0.33 | 0.36 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |