# 食物アレルゲンチェックリスト

献立修正：【令和 4年 6月 1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） | 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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01501 | かぶとハムのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11177A | ショルダーハム　（ｋｇ、短冊 | 7.20 | 8.00 | 8.80 | 10.40 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 7.20 | 8.00 | 8.80 | 10.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 10.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 26.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 10.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 1.00 | 1.00 | 1.00 | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 26.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06034A | かぶ（葉なし・Ｌ） | 27.00 | 30.00 | 33.00 | 39.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.90 | 1.00 | 1.10 | 1.30 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404B | 京菜（３５ｃｍ～４０ｃｍ） | 2.70 | 3.00 | 3.30 | 3.90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月 1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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月 2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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01085 | マーボー豆腐 | 14003A | 米サラダ油（１６．５ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.08 | 0.09 | 0.10 | 0.11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06233A | 白菜（Ｌ又は２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04033B | 冷）プチ豆腐（ダイスカット） | 60.30 | 67.00 | 73.70 | 80.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 11.70 | 13.00 | 14.30 | 15.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.17 | 1.30 | 1.43 | 1.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17031B | オイスターソース（１ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | ● | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17105B | テンメンジャン（５００ｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 4.77 | 5.30 | 5.83 | 6.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17006A | ラー油（１リットル） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01833 | 肉団子のもち米蒸し（２） | 18165C | もち米むし（肉入り、２０ｇ） | 40.00 | 40.00 | 40.00 | 40.00 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | ● | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02201 | 大根ナムル | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（Ｍ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17163H | 韓国ナムルドレッシング（１０ | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | ● | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 4年 6月 3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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02183 | ガーリックピラフ | 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 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06017E | 冷）むき枝豆（外国産） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01343A | 精米（地場産） | 67.50 | 75.00 | 82.50 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 87.75 | 97.50 | 107.25 | 117.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00691 | マカロニスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224H | 鶏角肉（もも　１．５ｃｍ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 11185A | ショルダーベーコン　（kg、短 | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063G | マカロニ（シェル） | 7.20 | 8.00 | 8.80 | 9.60 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06034A | かぶ（葉なし・Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.35 | 1.50 | 1.65 | 1.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01317 | フィレオチキン | 18281A | フィレオチキン４０ｇ | 40.00 | 40.00 | 40.00 | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | | 18281B | フィレオチキン５０ｇ | | | | 50.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月 3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） | | | | 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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02412 | 歯と口の健康週間ゼリー | 15325C | 歯と口の健康週間ゼリー | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月 6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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01844 | みそラーメンのスープ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306B | ガラポン・丸（豚、２ｋｇ入り | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.90 | 11.00 | 12.10 | 13.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17006A | ラー油（１リットル） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01675 | ポークしゅうまい | 18012H | ポークシューマイ（バラ凍、１ | 36.00 | 36.00 | 36.00 | 54.00 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 4年 6月 6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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
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| 00578 | ホットポテト | 14003A | 米サラダ油（１６．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　(kg、短冊切り、１ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09002A | 青海苔 | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02105C | チルドポテト（ダイス） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 4年 6月 7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） | （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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00679 | キャベツと油揚げのみそ汁 | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206K | ぶなしめじ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 17045C | 地元産手作り大豆味噌（白味噌 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02690 | さばのごまだれがけ | 10501A | さば澱粉つき　４０ｇ | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10501B | さば澱粉つき　５０ｇ | | | | 50.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01953 | きんぴら | 14002A | 純正ごま油（１．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06084B | 千切りごぼう（　３ｍｍ×３ｍ | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06317A | れんこん（Ｌ又は２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10386A | さつまあげ（角型、ｋｇ） | 7.20 | 10.00 | 8.80 | 9.60 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003S | つきこんにゃく（２ｃｍ～３ｃ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.00 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.41 | 1.00 | 0.50 | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.54 | 1.00 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06172A | 一味唐辛子（ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 4年 6月 8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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00005 | コッペパンスライス | 01029T | コッペパンスライス　３０ｇ | 30.00 | | | | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | 50.00 | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00130 | スパゲティナポリタン | 14017A | バター（４５０ｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11186W | ウインナーソーセージ　（５ｍ | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13036B | シュレットチーズ（１ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06245A | ピーマン（Ｌ、ばら） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063A | スパゲティ（ハーフ） | 43.20 | 48.00 | 52.80 | 57.60 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00602 | プレーンオムレツ | 18153B | プレーンオムレツ（６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01966 | コーンと枝豆のソテー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.63 | 0.70 | 0.77 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06017E | 冷）むき枝豆（外国産） | 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） | 0.27 | 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） | 0.27 | 0.30 | 0.33 | 0.36 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月 9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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02728 | じゃがいも団子のみそ汁 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06084E | ささがきごぼう（長さ２～３ｃ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 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 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003S | つきこんにゃく（２ｃｍ～３ｃ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18236A | （冷）ポテトボール　１０ｇ | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17045C | 地元産手作り大豆味噌（白味噌 | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01574 | とりの香味焼き | 11224D | 鶏切身（もも　５０ｇ　漬け込 | 50.00 | 50.00 | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 11224E | 鶏切身（もも　６０ｇ　漬け込み） | | | | 60.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.00 | 4.00 | 4.00 | 5.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.00 | 1.00 | 1.00 | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.50 | 0.50 | 0.50 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.50 | 0.50 | 0.50 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17061A | カレー粉（２ｋｇ） | 0.50 | 0.50 | 0.50 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02474 | やみつきキャベツ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10264A | まぐろツナ（水煮　１ｋｇ入り | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 06017E | 冷）むき枝豆（外国産） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | | | | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月10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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01624 | ごはん（減量サイズ） | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01795 | ＡＢＣスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06119A | セロリ | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11185A | ショルダーベーコン　（kg、短 | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 11224G | 鶏角肉（もも　１ｃｍ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.00 | 10.00 | 10.00 | 15.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06184A | トマト缶（ダイス・１号缶） | 10.00 | 10.00 | 10.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063C | マカロニ（ＡＢＣ） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月10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 | 木の実類（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 | はちみつ | 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 | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01902 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 4.70 | 4.70 | 4.70 | 4.70 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月13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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00916 | 鶏なんばんうどんの汁 | 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 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224I | 鶏角肉（もも　２ｃｍ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10384A | なると（１６０ｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 8.10 | 9.00 | 9.90 | 10.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06010C | 冷）いんげん（国産　Ｓ　３～ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01676 | 笹かまのてんぷら | 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 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02504 | ナタデココ入りフルーツミ | 15331A | ナタデココ（国産） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07138C | 黄桃缶（ダイス・１号缶） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07153A | リンゴ缶（ダイス・１号缶） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07102A | パイン缶（チビット・１号缶） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月16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 | 木の実類（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 | はちみつ | 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） | 8.10 | 9.00 | 9.90 | 10.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 10.80 | 12.00 | 13.20 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | 8.10 | 9.00 | 9.90 | 10.80 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.67 | 6.30 | 6.93 | 7.56 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（Ｍ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 4年 6月16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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01590 | ラ・フランスゼリー | 15226C | （冷）ラ・フランスゼリー４０ | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月17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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01757 | カレーライス | 14003A | 米サラダ油（１６．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 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 | 11.70 | 13.00 | 14.30 | 15.60 | ● | | | | | ● | | | | | | | | | ● | ● | ● | | ● | | ● | | | | | | | | | | | ● | | | | | | | | |
| | | 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） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 10.00 | 10.00 | 10.00 | 10.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13025A | プレーンヨーグルト（無糖、１ | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13014A | 生クリーム | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13036B | シュレットチーズ（１ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00346 | フランクフルト | 11189A | フランクフルト　（個数　３０ | 30.00 | 30.00 | 30.00 | 30.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02457 | キャベツの福神和え | 06061A | キャベツ（Ｌ又は２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06143B | 福神漬（１ｋｇ入り） | 13.50 | 15.00 | 16.50 | 18.00 | ● | | | | | | | | | | | ● | | | | | ● | | | | | ● | | ● | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月20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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00125 | ジャージャーメンのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17045C | 地元産手作り大豆味噌（白味噌 | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.44 | 1.60 | 1.76 | 1.92 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 1.17 | 1.30 | 1.43 | 1.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17006A | ラー油（１リットル） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00278 | 春巻 | 18199D | 国産春巻（６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | ● | | | | | | | | | | | | | ● | | | ● | | ● | | | | | | | | ● | ● | | | | | ● | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月20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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01646 | 野菜ソテー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 1.00 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　(kg、短冊切り、１ | 9.00 | 5.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 18.00 | 10.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | 0.60 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月21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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02513 | 豚肉とチンゲン菜のごまみ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 1.00 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 8.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 10.00 | 2.00 | 10.00 | 12.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 0.50 | 1.10 | 1.20 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 11.70 | 13.00 | 14.30 | 15.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01743 | 和風ハンバーグ | 18013C | ハンバーグ（焼き用、６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | | | | | ● | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 1.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00161 | 切り干し大根の五目煮 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06136A | 切り干し大根（カット） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 6.30 | 10.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 5.40 | 8.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10386A | さつまあげ（角型、ｋｇ） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.15 | 3.50 | 3.85 | 4.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06010C | 冷）いんげん（国産　Ｓ　３～ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 4年 6月22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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00005 | コッペパンスライス | 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 | ● | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 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 | 13.50 | 15.00 | 16.50 | 18.00 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034 | いかのガーリック揚げ | 10342A | いか切身（ムラサキイカ、下味 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10342B | いか切身（ムラサキイカ、下味漬け、５０ｇ） | | | | 50.00 | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月22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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02122 | カレービーンズ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.22 | 0.24 | 0.26 | 0.29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16011A | ワイン（赤・国産・１．８リッ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17061A | カレー粉（２ｋｇ） | 0.40 | 0.44 | 0.48 | 0.53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01015A | 小麦粉（２５ｋｇ・薄力粉） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17001A | ウスターソース | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 2.59 | 2.88 | 3.17 | 3.46 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.79 | 0.88 | 0.97 | 1.06 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.32 | 0.35 | 0.39 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月23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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02698 | ピリ辛春雨スープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 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 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06415A | きざみキムチ（１ｃｍ・１ｋｇ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.80 | 2.00 | 2.20 | 2.40 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00552 | チンジャオロース | 14003A | 米サラダ油（１６．５ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130C | 豚もも肉　（せん切り） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 1.62 | 1.80 | 1.98 | 2.16 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06150A | 茹でたけのこ（２Ｌ、１／２カ | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06245A | ピーマン（Ｌ、ばら） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.62 | 1.80 | 1.98 | 2.16 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 4年 6月23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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02401 | グリーンサラダ | 06061A | キャベツ（Ｌ又は２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06065B | きゅうり（ＢＭ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 06017E | 冷）むき枝豆（外国産） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17162D | すりおろしオニオンドレッシン | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | ● | | | | | | | | | | ● | ● | ● | ● | | | | | | | | | | | | | | | ● | | | | | | |

献立修正：【令和 4年 6月24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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01248 | あじフライ | 10402C | あじフライ（５０ｇ） | 50.00 | 50.00 | 50.00 | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10402D | あじフライ（６０ｇ） | | | | 60.00 | ● | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01674 | 大豆とひじきの炒め煮 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09031A | 芽ひじき | 1.53 | 1.70 | 1.87 | 2.04 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04040A | 油揚げ（島田・国産大豆１００ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01902 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 4.70 | 4.70 | 4.70 | 4.70 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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献立修正：【令和 4年 6月27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 | 木の実類（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 | はちみつ | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02054 | おかめうどんの汁 | 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 | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224H | 鶏角肉（もも　１．５ｃｍ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10379A | かまぼこ | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 9.90 | 11.00 | 12.10 | 13.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（Ｍ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02377 | 肉団子のあんかけ（２） | 18015H | ふっくらジャンボ肉だんご（３ | 60.00 | 60.00 | 60.00 | 60.00 | ● | | | | | | | | | | | | | ● | | | ● | ● | ● | | | | | | | | | | | | | | | ● | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00607 | 枝豆 | 06015A | 枝豆（地場産） | 20.00 | 20.00 | 20.00 | 22.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.60 | 0.60 | 0.60 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012C | 自然塩（１ｋｇ） | 0.40 | 0.40 | 0.40 | 0.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02004 | ピーチゼリー | 15204J | ピーチゼリー６０ｇ（少量対応 | 60.00 | 60.00 | 60.00 | 60.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月28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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00857 | カレー味ご飯 | 01312A | カレー味ごはん | 60.00 | 70.00 | 80.00 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00773 | 米粉ポタージュ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224G | 鶏角肉（もも　１ｃｍ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 11185A | ショルダーベーコン　（kg、短 | 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） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 1.00 | 1.00 | 1.00 | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13014A | 生クリーム | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02495 | 鶏肉のレモンソースかけ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07156B | レモン果汁（冷凍・５００ｍｌ | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.63 | 0.70 | 0.77 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月28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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 02238 | 切り干し大根のサラダ（君 | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06065B | きゅうり（ＢＭ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| | | 06136A | 切り干し大根（カット） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17163D | 笑顔でランチドレッシング香味 | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | | | | ● | | | | | | |

献立修正：【令和 4年 6月29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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00889 | 子供パン（スライス） | 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 | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11185A | ショルダーベーコン　（kg、短 | 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 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00290 | 白身魚ポーションフライ | 10429A | フィッシュポーションフライ（ | 50.00 | 50.00 | 50.00 | | ● | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10429B | フィッシュポーションフライ（６０ｇ） | | | | 60.00 | ● | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00704 | ごぼうサラダ（香りごまト | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17163F | 笑顔でランチドレッシング香り | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月29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） | | | | 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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01902 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 4.70 | 4.70 | 4.70 | 4.70 | ● | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月30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 | 木の実類（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 | はちみつ | 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 | にらたまトックスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18277D | 星型トック（１ｋｇ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 12004A | 鶏卵　（Ｌサイズ） | 16.20 | 18.00 | 19.80 | 21.60 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 4年 6月30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 | 木の実類（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 | はちみつ | 鶏肉 | ゼラチン | 牛肉 | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01287 | いかのチリソースかけ | 10342A | いか切身（ムラサキイカ、下味 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10342B | いか切身（ムラサキイカ、下味漬け、５０ｇ） | | | | 50.00 | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.13 | 1.25 | 1.38 | 1.50 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 3.15 | 3.50 | 3.85 | 4.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01983 | 厚揚げと豚肉の炒め物 | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.13 | 1.25 | 1.38 | 1.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04102B | 冷）絹厚揚げ（１０ｇ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.68 | 0.75 | 0.83 | 0.90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.33 | 0.37 | 0.41 | 0.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |