# 食物アレルゲンチェックリスト

献立修正：【令和 5年 8月28日 月曜日】 小ブロック

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 | 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 | もやし | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01550 | 醤油ラーメンのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.05 | 0.05 | 0.06 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306C | ガラポン（鶏・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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10384A | なると（１６０ｇ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 8.10 | 9.00 | 9.90 | 10.80 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00245 | 揚げぎょうざ | 18002A | （冷）ぎょうざ　１８ｇ | 36.00 | 36.00 | 36.00 | 54.00 | ● | | | | | | | | | | | | ● | | | ● | | ● | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00648 | れいとうみかん | 07027D | （冷）みかん（M） | 70.00 | 70.00 | 70.00 | 70.00 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |

| 料理番号 | 料理名 | 食品番号 | 食品名 | 栗 | 牛肉 | 豚肉 | 鶏肉 | 大豆 | 小麦 | 卵 | 乳 | 魚 | 貝類 | 木の実類（ピーナッ | 豚肉 | 大豆 | 小麦 | 卵 | 乳 | 豚肉 | 大豆 | 小麦 | 卵 | 乳 | 豚肉 | 大豆 | 小麦 | 卵 | 乳 | 豚肉 | 大豆 | 小麦 | 卵 | 乳 | 豚肉 | 大豆 | 小麦 | 卵 | 乳 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00107 | ホット中華めん | 01048B | ホット中華めん　７０ｇ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048C | ホット中華めん　８０ｇ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048D | ホット中華めん　９０ｇ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01048E | ホット中華めん　１００ｇ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01550 | 醤油ラーメンのスープ | 14003A | 米サラダ油（１６．５ｋｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306C | ガラポン（鶏・豚、２ｋｇ入り | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10384A | なると（１６０ｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00245 | 揚げぎょうざ | 18002A | （冷）ぎょうざ　１８ｇ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00648 | れいとうみかん | 07027D | （冷）みかん（M） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 8月29日 火曜日】 小ブロック

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 | 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 | もやし | 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 | ポークカレー | 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 | ● | | | | | | | | | | ● | | | | | ● | | | | | ● | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 8月30日 水曜日】 小ブロック

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 | 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 | もやし | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00011 | ツイストパン | 01257B | ツイストパン　４０ｇ | 40.00 | | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 01257C | ツイストパン　５０ｇ | | 50.00 | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 01257D | ツイストパン　６０ｇ | | | 60.00 | 60.00 | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01501 | 大根とハムのスープ | 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 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01689 | ポテトコロッケ | 18235A | （冷）ポテトコロッケ６０ｇ | 60.00 | 60.00 | 60.00 | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | ● | | | | | |
| | | 18235B | （冷）ポテトコロッケ８０ｇ | | | | 80.00 | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | ● | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 6.00 | 6.00 | 6.00 | 8.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02227 | 小松菜のソテー | 14003A | 米サラダ油（１６．５ｋｇ） | 0.18 | 0.40 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ産） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | | 06086A | 小松菜（M） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.07 | 2.30 | 2.53 | 2.76 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17031B | オイスターソース（１ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | ● | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01902 | クラスソース２００ｍｌ | 17001D | ソース（有機）２００ｍｌ | 4.70 | 4.70 | 4.70 | 4.70 | ● | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | |

献立修正：【令和 5年 8月31日 木曜日】 小ブロック

# 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 | 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 | もやし | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01993 | いかのチリソースかけ | 10342A | いか切身（下味漬け、４０ｇ） | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 8.10 | 9.00 | 9.90 | 10.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 3.15 | 3.50 | 3.85 | 4.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

献立修正：【令和 5年 8月31日 木曜日】 小ブロック

# 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 | 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 | もやし | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01523 | ゴーヤチャンプルー | 14002A | 純正ごま油（１．５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06413A | にがうり | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.08 | 1.20 | 1.32 | 1.44 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.23 | 0.26 | 0.29 | 0.31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18177B | （冷）炒り卵（耐熱真空パック | 7.20 | 8.00 | 8.80 | 9.60 | | | | ● | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 10091D | けずりぶし砕片 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |