# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 1日 金曜日】 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 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02834 | 高野豆腐のみそ汁 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04042B | 凍り豆腐（短冊） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17045C | 地元産手作り大豆味噌（白味噌 | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 60.00 | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | ● | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 6.00 | 6.00 | 6.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02845 | ツナ昆布ごはんの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10264B | まぐろツナ（油漬け　１ｋｇ入 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | |
| | | 02003R | つきこんにゃく（２ｃｍ～３ｃ | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09016A | 塩昆布（１ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 0.45 | 0.50 | 0.55 | 0.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| 00625 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 10.62 | 10.62 | 10.62 | 10.62 | ● | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 4日 月曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00927 | ソフト麺 | 01319B | ソフトメン　７０ｇ | 70.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01319C | ソフトメン　８０ｇ | | 80.00 | 80.00 | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01319E | ソフトメン　１００ｇ | | | | 100.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02200 | ミートソース | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 19.80 | 22.00 | 24.20 | 26.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18138A | チャツネ（１ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17104C | デミグラスソース（３ｋｇ） | 27.00 | 30.00 | 33.00 | 36.00 | ● | | | | | | | | | | | | | | ● | ● | | ● | | ● | | | | | | | | | ● | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17135A | ハヤシフレーク | 7.65 | 8.50 | 9.35 | 10.20 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02195 | ハッシュドポテト | 18130A | （冷）ハッシュドポテト４０ｇ | 40.00 | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01906 | 海藻サラダ（香味塩ドレッ | 06065B | きゅうり（ＢＭ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | |
| | | 09104B | 海藻サラダ（１００ｇ・寒天な | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17163D | 笑顔でランチドレッシング香味 | 6.30 | 7.00 | 7.70 | 8.40 | ● | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | ● | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 5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 | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01957 | キムチスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 10379A | かまぼこ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06415A | きざみキムチ（１ｃｍ・１ｋｇ | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.99 | 1.10 | 1.21 | 1.32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 00739 | プルコギ | 14002A | 純正ごま油（１．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206K | ぶなしめじ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17160A | コチュジャン１ｋｇ | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.95 | 5.50 | 6.05 | 6.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06207A | にら | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 5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） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02497 | 大根の塩こうじナムル | 06136A | 切り干し大根（カット） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17161A | 液体塩こうじ（５００ｍｌ） | 3.42 | 3.80 | 4.18 | 4.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17007A | 醤油　１０００ｍｌ | 0.72 | 1.00 | 0.88 | 0.96 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17012A | 食塩（１ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064B | 白胡椒（１００ｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 6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 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00008 | バターロール | 01034E | バターロール卵なし　４０ｇ | 40.00 | | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 01034F | バターロール卵なし　５０ｇ | | 50.00 | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 01034G | バターロール卵なし　６０ｇ | | | 60.00 | 60.00 | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01650 | 飲むヨーグルト | 13027B | ○飲むヨーグルト（コアコア・ | 180.00 | 180.00 | 180.00 | 180.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01868 | ミネストローネスープ | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06119A | セロリ | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11183B | ベーコン　（kg、短冊切り、１ | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 06182D | トマト（Ｌ、ｋｇ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02492 | 豆乳クリームコロッケ | 18112B | 豆乳クリームコロッケ５０ｇ（ | 50.00 | 50.00 | 50.00 | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | | | ● | | |
| | | 18112C | 豆乳クリームコロッケ６０ｇ（卵・乳不使用） | | | | 60.00 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | | | ● | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 5.00 | 5.00 | 5.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 6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） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01094 | 野菜ソテー | 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 | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.23 | 0.25 | 0.28 | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.23 | 0.25 | 0.28 | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00625 | クラスソース | 17001C | ソース（有機）３００ｍｌ | 10.62 | 10.62 | 10.62 | 10.62 | ● | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 7日 木曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01157 | 肉団子と水菜のすまし汁 | 09017C | ◎出し昆布 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 18016A | 鶏肉団子（もも肉・青ねぎ入り | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404A | 京菜（３５ｃｍ～４０ｃｍ、地 | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02778 | 鶏肉の唐揚げごまだれかけ | 18430B | 冷）若鶏のから揚げ（むね・４ | 40.00 | 40.00 | 40.00 | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | ● | | |
| | | 18430C | 冷）若鶏のから揚げ（むね・５０ｇ） | | | | 50.00 | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | ● | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.00 | 4.00 | 4.00 | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 4.05 | 4.50 | 4.95 | 5.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01573 | 秋のかおりごはんの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206K | ぶなしめじ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02006V | さつまいも（いちょう切り | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月 8日 金曜日】 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 | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01172 | 小松菜のそぼろ汁 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06233A | 白菜（Ｌ又は２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.50 | 0.56 | 0.62 | 0.67 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（M） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02838 | モロのねぎみそ焼き | 18433A | 冷）モーカねぎ味噌漬け　４０ | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | | 18433B | 冷）モーカねぎ味噌漬け　５０ｇ | | | | 50.00 | | | | | | | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| 02226 | 豚肉と大豆の甘辛煮 | 14002A | 純正ごま油（１．５ｋｇ） | 0.63 | 0.70 | 0.77 | 0.91 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 18.00 | 20.00 | 22.00 | 26.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 13.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 18.00 | 20.00 | 22.00 | 26.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 2.70 | 3.00 | 3.30 | 3.90 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.90 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| 02187 | みかんヨーグルト | 13026R | ソフトクリームヨーグルト８０ | 80.00 | 80.00 | 80.00 | 80.00 | | | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月11日 月曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02657 | チリトマトラーメンのスー | 14001A | オリーブ油（１リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17073C | 唐辛子（輪切り・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16010A | ワイン（白・国産・１．８リッ | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17068B | チリパウダー（４０ｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06010B | 冷）いんげん（国産、Ｓ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00245 | 揚げぎょうざ（３） | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月11日 月曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01609 | もやしの中華和え | 06291B | もやし（緑豆） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06065B | きゅうり（ＢＭ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.50 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.05 | 0.06 | 0.07 | 0.07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月12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 | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01986 | ハヤシライス | 14003A | 米サラダ油（１６．５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01015A | 小麦粉（２５ｋｇ・薄力粉） | 5.40 | 6.00 | 6.60 | 7.20 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14017A | バター（４５０ｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 15.30 | 17.00 | 18.70 | 20.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17135A | ハヤシフレーク | 9.00 | 10.00 | 11.00 | 12.00 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17034A | トマトピューレ（３ｋｇ／袋） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17001A | ウスターソース | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | | | | | | |
| | | 17104C | デミグラスソース（３ｋｇ） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | ● | | | | | | | ● | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02840 | かにクリームコロッケ | 18112D | かにクリームコロッケ３０ｇ（ | 30.00 | 30.00 | 30.00 | 30.00 | ● | | | ● | ● | | | ● | | | | | | | | | ● | | ● | | | | | | | | | ● | ● | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00658 | 巨峰（３） | 07116C | 巨峰（産地直送）種なし | 32.00 | 32.00 | 32.00 | 48.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月13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 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 01933 | ピタパン | 01352A | ピタパン　６０ｇ | 60.00 | 60.00 | 60.00 | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 01352B | ピタパン　８０ｇ | | | | 80.00 | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17120A | ローリエ（葉・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02102A | 上新粉 | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 | 43.50 | 43.50 | 43.50 | 53.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 14017A | バター（４５０ｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06239A | パセリ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00297 | ハンバーグ | 18013C | ハンバーグ（焼き用、６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | ● | | |
| | | 17036A | トマトケチャップ（缶） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 17002C | 中濃ソース | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02228 | ツナサンドの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10264B | まぐろツナ（油漬け　１ｋｇ入 | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | |
| | | 06180A | ホールコーン缶（１号缶・タイ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.32 | 0.35 | 0.39 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.02 | 0.02 | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17042J | マヨネーズ（ベーカリー） | 10.80 | 12.00 | 13.20 | 14.40 | ● | | ● | ● | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月14日 木曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00776 | 厚揚げ入りけんちん汁 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18204A | 生揚げ（国産大豆１００％） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 02003R | つきこんにゃく（２ｃｍ～３ｃ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.95 | 5.50 | 6.05 | 6.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02836 | ささみの松笠揚げ | 18432D | 冷）鶏肉（ささみ）のコーンフ | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● | |
| | | 18432E | 冷）鶏肉（ささみ）のコーンフレークフライ　５０ｇ | | | | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.50 | 4.50 | 4.50 | 5.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01754 | きんぴらごはんの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06084E | ささがきごぼう（長さ２～３ｃ | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003Z | ○しらたき | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.95 | 5.50 | 6.05 | 6.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月15日 金曜日】 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） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02839 | 焼き肉ごはん（自） | 14002A | 純正ごま油（１．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17004B | 豆板醤（１ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.25 | 2.50 | 2.75 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.86 | 5.40 | 5.94 | 6.48 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 3.24 | 3.60 | 3.96 | 4.32 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 77.67 | 86.30 | 94.93 | 103.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01343A | 精米（地場産） | 63.00 | 70.00 | 77.00 | 84.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02600 | ポテトボールスープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06233A | 白菜（Ｌ又は２Ｌ） | 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18236A | （冷）ポテトボール　１０ｇ | 25.20 | 28.00 | 30.80 | 33.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 4.50 | 5.00 | 5.50 | 6.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.04 | 0.04 | 0.04 | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404A | 京菜（３５ｃｍ～４０ｃｍ、地 | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02792 | オムレツのソースかけ | 18153B | プレーンオムレツ（６０ｇ） | 60.00 | 60.00 | 60.00 | 60.00 | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 17036A | トマトケチャップ（缶） | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| | | 17002C | 中濃ソース | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | ● | ● | | | | ● | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02846 | お月見クレープ | 15237J | フレンズクレープ（お月見・さ | 30.00 | 30.00 | 30.00 | 30.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月19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 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02598 | 大根とわかめのスープ | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10379A | かまぼこ | 6.30 | 7.00 | 7.70 | 8.40 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 02040C | 春雨（ばれいしょ澱粉） | 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.32 | 0.35 | 0.39 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018A | 白炒り胡麻 | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02841 | 白身魚のアヒージョ風 | 10549D | メルルーサのアヒージョ風　４ | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 10549E | メルルーサのアヒージョ風　５０ｇ | | | | 50.00 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02075 | キムチライスの具 | 14002A | 純正ごま油（１．５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 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） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06415A | きざみキムチ（１ｃｍ・１ｋｇ | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.18 | 0.20 | 0.22 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.50 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 17105B | テンメンジャン（５００ｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | |
| | | 06228A | 万能葱 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02413 | パインゼリー | 15338A | パインゼリー（国産・７０ｇ） | 70.00 | 70.00 | 70.00 | 70.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月20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 | 乳 | ピーナッツ | エビ | カニ | イカ | タコ | 魚 | 魚卵 | 貝類 | 木の実類（ピーナッツ | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 00761 | ナン | 01217A | ナン　５０ｇ（出来上がり重量　50.00 | 3年　50.00 | | | ● | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | |
| | | 01217D | ナン　７０ｇ（出来上がり重量） | 4年　70.00 | 70.00 | | ● | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | |
| | | 01217F | ナン　１００ｇ（出来上がり重量） | | | 100.00 | ● | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01623 | コーヒーミルク | 13007A | コーヒーミルク（２００ｍｌ： 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02851 | バターチキンカレー | 14003A | 米サラダ油（１６．５ｋｇ） 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224H | 鶏角肉（もも　１．５ｃｍ） 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | 17063A | 黒胡椒（１ｋｇ） 0.05 | 0.05 | 0.06 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17103A | ガラムマサラ（２００ｇ） 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17061A | カレー粉（２ｋｇ） 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17067C | コリアンダーパウダー 0.05 | 0.05 | 0.06 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） 18.00 | 20.00 | 22.00 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02017E | じゃがいも（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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06184A | トマト缶（ダイス・１号缶） 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 03022E | はちみつ（１ｋｇ） 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 18138A | チャツネ（１ｋｇ） 3.60 | 4.00 | 4.40 | 4.80 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | | | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02102A | 上新粉 | | | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13003C | 調理用牛乳 18.00 | 20.00 | 22.00 | 24.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 13014A | 生クリーム 9.00 | 10.00 | 11.00 | 12.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14017A | バター（４５０ｇ） 2.70 | 3.00 | 3.30 | 3.60 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02832 | 鶏肉の竜田揚げ | 18431B | 冷）若鶏の竜田揚げ（むね・４　40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | ● | |
| | | 18431C | 冷）若鶏の竜田揚げ（むね・５０ｇ） | | | 50.00 | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | ● | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） 4.00 | 4.00 | 4.00 | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月20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） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02238 | オニオンドレッシングサラ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 1.80 | 1.80 | 1.80 | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.07 | 0.08 | 0.09 | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17064A | 白胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.80 | 2.00 | 2.20 | 2.40 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003C | 米サラダ油（１．３５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月25日 月曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00953 | きのこうどんの汁 | 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 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206L | ぶなしめじ（バラ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 14.40 | 16.00 | 17.60 | 19.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.05 | 0.06 | 0.07 | 0.07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06172A | 一味唐辛子（ｇ） | | | | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06086A | 小松菜（M） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00228 | 笹かまのいそべ揚げ | 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 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09002A | 青海苔 | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | ● | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 2.70 | 3.00 | 3.30 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02460 | カリカリココア豆 | 04023B | いり大豆 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 03003A | 上白糖（１ｋｇ） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17119A | 純ココア（４００ｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | | 03003A | 上白糖（１ｋｇ） | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012A | 食塩（１ｋｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月26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 | 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00460 | かき卵汁 | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224F | 鶏肉　（もも　小間） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18207A | 豆腐（国産大豆１００％） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 02100A | 玉麩 | 0.90 | 1.00 | 1.10 | 1.20 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.41 | 0.45 | 0.50 | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 1.08 | 1.20 | 1.32 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 12004A | 鶏卵　（Ｌサイズ） | 16.20 | 18.00 | 19.80 | 21.60 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01831 | 豚肉の生姜焼き | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 1.17 | 1.30 | 1.43 | 1.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 36.00 | 40.00 | 44.00 | 48.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.60 | 4.00 | 4.40 | 4.80 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.86 | 0.95 | 1.05 | 1.14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02603 | ほうれん草のごまみそ和え | 06267A | ほうれん草（M） | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06291B | もやし（緑豆） | 28.80 | 32.00 | 35.20 | 38.40 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.49 | 1.65 | 1.82 | 1.98 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.26 | 1.40 | 1.54 | 1.68 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.26 | 1.40 | 1.54 | 1.68 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 05018E | 白すり胡麻 | 2.07 | 2.30 | 2.53 | 2.76 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月27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） | | | | 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 | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01714 | クロワッサン | 01035A | クロワッサン　４０ｇ　給 | 40.00 | | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01035B | クロワッサン　５０ｇ　給 | | 50.00 | | | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01035C | クロワッサン　６０ｇ　給 | | | 60.00 | 60.00 | ● | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02562 | わかめのペペロンチーノ | 14001A | オリーブ油（１リットル） | 0.90 | 2.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17073C | 唐辛子（輪切り・ｇ） | 0.01 | 0.01 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06223A | にんにく（２Ｌ） | 0.54 | 0.60 | 0.66 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 10.80 | 12.00 | 13.20 | 14.40 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 13.50 | 15.00 | 16.50 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06061A | キャベツ（Ｌ又は２Ｌ） | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 07206K | ぶなしめじ | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 09040A | 乾燥わかめ（２００ｇ、カット | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 1.80 | 2.00 | 2.20 | 2.40 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.77 | 0.85 | 0.94 | 1.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17063A | 黒胡椒（１ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 01063A | スパゲティ（ハーフ） | 36.00 | 40.00 | 44.00 | 48.00 | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012B | 食塩（５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02807 | スマイルポテト（３） | 02020B | 冷）スマイルポテト | 36.00 | 36.00 | 36.00 | 54.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 4.00 | 4.00 | 4.00 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02488 | ゼリーポンチ | 15212E | ダイスゼリー（ぶどう） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 15212F | ダイスゼリー（りんご） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 07035A | みかん缶（１号缶） | 31.50 | 35.00 | 38.50 | 42.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月28日 木曜日】　中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g）（低） | （中） | （高） | 中学生 | 小麦 | そば | 生卵 | 卵 | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 00623 | 牛乳 | 13003A | 牛乳 | 206.00 | 206.00 | 206.00 | 206.00 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 02635 | 冬瓜スープ | 11306A | 鶏ガラポン・丸（鶏、２ｋｇ入 | 9.00 | 10.00 | 11.00 | 12.00 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | | 06212A | にんじん（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.09 | 0.10 | 0.11 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11300A | 豚肉　（小間） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06412A | 冬瓜 | 27.00 | 30.00 | 33.00 | 36.00 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 07206Y | 菌床乾しいたけ | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.25 | 2.50 | 2.75 | 3.00 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.81 | 0.90 | 0.99 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 12004A | 鶏卵　（Ｌサイズ） | 10.80 | 12.00 | 13.20 | 14.40 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06160A | ちんげん菜（Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06103A | 根生姜（２Ｌ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14002A | 純正ごま油（１．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 10379A | かまぼこ | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02741 | あじのオニオンソースがけ | 10492A | 冷）あじフィレ小麦粉付き　３ | 30.00 | 30.00 | 30.00 | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 10492B | 冷）あじフィレ小麦粉付き　４０ｇ | | | | 40.00 | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 3.00 | 3.00 | 3.00 | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17016A | 米酢（１．８リットル） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 5.85 | 6.50 | 7.15 | 7.80 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.03 | 0.03 | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 3.15 | 3.50 | 3.85 | 4.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.14 | 0.15 | 0.17 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月28日 木曜日】 中ブロック

なの花学校給食センター

| 料理番号 | 料理名 | 食品番号 | 食品名 | 可食量（g） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02835 | 大豆と鶏肉のみそ炒め | 14003A | 米サラダ油（１６．５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11224H | 鶏角肉（もも　１．５ｃｍ） | 15.30 | 17.00 | 18.70 | 20.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 6.75 | 7.50 | 8.25 | 9.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06130A | 大根（Ｌ又は２Ｌ、葉なし） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 04024A | （冷）水煮大豆 | 16.20 | 18.00 | 19.80 | 21.60 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 10386A | さつまあげ（角型、ｋｇ） | 6.75 | 7.50 | 8.25 | 9.00 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17046A | 県産大豆味噌（赤味噌） | 2.88 | 3.20 | 3.52 | 3.84 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 1.26 | 1.40 | 1.54 | 1.68 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 2.07 | 2.30 | 2.53 | 2.76 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.63 | 0.70 | 0.77 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月29日 金曜日】　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 | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01981 | お月見だんご汁 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.45 | 0.50 | 0.55 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11130A | 豚もも肉　（スライス） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06153A | たまねぎ（２Ｌ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10448B | ◎鰹削り節（厚） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 09017C | ◎出し昆布 | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 18309A | 白玉団子（１ｋｇ） | 22.50 | 25.00 | 27.50 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17012E | 自然塩（２０ｋｇ） | 0.36 | 0.40 | 0.44 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 0.72 | 0.80 | 0.88 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06226A | 長ねぎ（Ｌ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06404A | 京菜（３５ｃｍ～４０ｃｍ、地 | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02641 | うさぎさんのハンバーグ | 18364I | うさぎ型ハンバーグ（４０ｇ） | 40.00 | 40.00 | 40.00 | | | | | | | | | | | | | | | | | ● | | ● | | ● | | | | | | | | | ● | |
| | | 18364J | うさぎ型ハンバーグ（６０ｇ） | | | | 60.00 | | | | | | | | | | | | | | | | ● | | ● | | ● | | | | | | | | | ● | |
| | | 17007E | 醤油（濃口・１５リットル） | 2.70 | 3.00 | 3.30 | 3.60 | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 03004A | きび砂糖（２０ｋｇ） | 1.80 | 2.00 | 2.20 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 16025A | 本みりん（１．８リットル） | 1.35 | 1.50 | 1.65 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02040D | 澱粉（２５ｋｇ） | 0.27 | 0.30 | 0.33 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 99999 | 水 | 9.72 | 10.80 | 11.88 | 12.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02794 | ひじきごはんの具 | 14003A | 米サラダ油（１６．５ｋｇ） | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 11163A | 豚挽き肉 | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | 16003A | 酒（１．８リットル） | 1.17 | 1.30 | 1.43 | 1.56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 06212A | にんじん（２Ｌ） | 9.00 | 10.00 | 11.00 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 02003R | つきこんにゃく（２ｃｍ～３ｃ | 5.40 | 6.00 | 6.60 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10386A | さつまあげ（角型、ｋｇ） | 7.20 | 8.00 | 8.80 | 9.60 | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 09031A | 芽ひじき | 0.90 | 1.00 | 1.10 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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） | 1.44 | 1.60 | 1.76 | 1.92 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 17007E | 醤油（濃口・１５リットル） | 3.15 | 3.50 | 3.85 | 4.20 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | | 06017E | 冷）むき枝豆（外国産） | 4.50 | 5.00 | 5.50 | 6.00 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |

# 食物アレルゲンチェックリスト

献立修正：【令和 5年 9月29日 金曜日】　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） | | | | 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 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | （低） | （中） | （高） | 中学生 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02411 | お月見ゼリー | 15211F | まんまる月ゼリー（３０ｇ） | 30.00 | 30.00 | 30.00 | 30.00 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |