

[令和5年10月 特定原材料等一覧表]

| 日付 | 献立名 | ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | ⑩ | ⑪ | ⑫ | ⑬ | ⑭ | ⑮ | ⑯ | ⑰ | ⑱ | ⑲ | ⑳ | ㉑ | ㉒ | ㉓ | ㉔ | ㉕ | ㉖ | ㉗ | ㉘ | 調味料等 |
|----|----------------|---------|----|---|---|-----|-----|----|-----|----|------|-----|---------|----|-----|----|----|----|----|----|------|----|------|-----|------|-----|----|---------|-------|-----------------------------------|
| | | 小麦 | そば | 卵 | 乳 | 落花生 | あわび | いか | いくら | えび | オレンジ | かにか | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | ごま | カシューナッツ | アーモンド | |
| 2 | 月 | 牛乳 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | ▲ |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 秋じゃがのうま煮 | ▲ | | | | | | | | | | | | | | | | ○▲ | | ○ | | | | | | | | ○ | | 大豆油 しょうゆ |
| 3 | 火 | 青菜あえ | | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | |
| | なめこ汁 | | | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | みそ |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 水 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さばの銀紙焼き | | | | | | | | | | | | | | | ○ | ▲ | | | | | | | | | | | | | みそ |
| | 切り干し大根のはりはり漬け | ▲ | | | | | | | | | | | | | | | ▲ | | | | | | | | | | | | | しょうゆ 酢 |
| 5 | 木 | しんじょう汁 | ▲ | | | | | | | | | | | | | | ▲ | | | | | | | | | | | | | しょうゆ |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ロールパン | ○ | | | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| 6 | 金 | ミートオムレツ | | ○ | | | | | | | | | | | | | | ▲ | ○ | | | | | | | | | | | 大豆油 |
| | 肉団子 | | | | | | | | | | | | | | | | ○▲ | ○ | ○ | | | | | | | | | | | しょうゆ |
| | きょうだい豆サラダ | | | | | | | | | | | | | | | | ○ | ○ | ○ | | | | | | | | | | | |
| 7 | ジュリエンスープ | ▲ | | | | | | | | | | | | | | | ▲ | ○▲ | ○ | | | | | | | | | | | しょうゆ チキンエキス |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | かぼちやのひき肉フライ | ○▲ | | | | | | | | | | | | | | | | ○▲ | | ○ | | | | ○ | | | | | | しょうゆ |
| | 昆布あえ | ▲ | | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | しょうゆ |
| | 吉野汁 | ▲ | | | | | | | | | | | | | | | | ○▲ | ○ | | | | | | | | | | | しょうゆ |
| 9 | 火 | 牛乳 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ソフトめん | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミートソース | ○▲ | | | | | | | | | | | | | | | | ○▲ | ▲ | ○▲ | | | | ○ | | | | | | チキンブイヨン ポークブイヨン しょうゆ |
| 10 | 火 | ウインナー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 花野菜のサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | 水 | ごはん | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | いかフライ | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | | |
| | さきみどひじきのさっぱりあえ | ▲ | | | | | | | | | | | | | | | ▲ | ○ | | | | | | | | | ▲ | | | しょうゆ ごま油 酢 |
| 12 | 木 | 白みそ汁 | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | | みそ |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | 火 | 豚丼 | ▲ | | | | | | | | | | | | | | | ▲ | | ○ | | | | | | | | | | しょうゆ |
| | けんちん汁 | ▲ | | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | しょうゆ |
| | みかんゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | 金 | 牛乳 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白身魚のきのこあんかけ | ▲ | | | | | | | | | | | | | | | | ▲ | | | | | | | | | | | | しょうゆ |
| 15 | 月 | 新香あえ | ▲ | | | | | | | | | | | | | | | ▲ | | | | | | | | | ○ | | | しょうゆ |
| | さといものみそ汁 | | | | | | | | | | | | | | | | | ○▲ | | | | | | | | | | | | みそ |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | 火 | 白玉うどん | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 五目うどん | ▲ | | | | | | | | | | | | | | | | ○▲ | ○ | | | | | | | | | | | しょうゆ |
| | ごぼうつくね | ○▲ | | | | | | | | | | | | | | | | ○▲ | ○ | | | | | | | | | ▲ | | しょうゆ ごま油 |
| 17 | 水 | 和風サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | 火 | 中華飯 | ▲ | | | | | ○ | | ○ | | | | | | | | ▲ | ○▲ | ○▲ | | | | | ○ | | | ▲ | | 大豆油 しょうゆ チキンエキス ごま油 酢 鶏骨エキス 豚骨エキス |
| | 春巻き | ○▲ | | | | | | | | | | | | | | | | ○▲ | ○ | | | | | | | | | ▲ | | ごま油 しょうゆ 大豆油 |
| | フルーツポンチ | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | |
| 19 | 水 | 牛乳 | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | いわしのしょうが煮 | ▲ | | | | | | | | | | | | | | | | ▲ | | | | | | | | | | | | しょうゆ |
| 20 | 火 | おかかあえ | ▲ | | | | | | | | | | | | | | | ▲ | | | | | | | | | | | | しょうゆ |
| | ちゃんこ汁 | ▲ | | | | | | | | | | | | | | | | ○▲ | ○▲ | | | | | | | | | | | チキンエキス しょうゆ |

○:アレルギー対象食品

▲:調味料等に含まれるアレルギー

