

食物アレルギー対応確認用献立表

令和7年1月

Bブロック

※必要事項を記入の上、12月17日(火)までに必ず学校に提出してください

枚方市教育委員会  
枚方市学校給食会

※献立表を全て確認のうえ、該当するものに○印をつけてください  
(配合割合一覧表も確認ください)

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|-----|-----|-----|---------|
| 小学校 | 年 組 | なまえ | 保護者確認氏名 |
|-----|-----|-----|---------|

今月は、除去食・欠食が

あります ・ ありません

アレルギー原因食物(アレルゲン)をご記入ください

| 月                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 火                      | 水                      | 木        | 金        |               |         |      |            |                                                                                                                             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| <div>調理場で除去可能な今月の献立</div> <table><tr><td>20日</td><td>いんげん豆のクリームスープの牛乳・生クリーム</td></tr><tr><td>21日</td><td>じゃこ豆の桜えび</td></tr><tr><td>28日</td><td>かきたま汁の卵</td></tr><tr><td>31日</td><td>みそおでんのうずら卵</td></tr></table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 20日                    | いんげん豆のクリームスープの牛乳・生クリーム | 21日      | じゃこ豆の桜えび | 28日           | かきたま汁の卵 | 31日  | みそおでんのうずら卵 | <div>(記入例) 持参</div> <table><tr><td>10</td><td>ぎゅうにゅう</td></tr><tr><td>ハッシュドボーグ</td><td>ツナコーン</td></tr><tr><td>ぶたにく</td><td>ツナフレーク</td></tr><tr><td>たまねぎ</td><td>たまねぎ</td></tr><tr><td>にんじん</td><td>ホールコーン</td></tr><tr><td>マッシュルーム</td><td>しお</td></tr><tr><td>ひまわりあぶら</td><td>こしょう</td></tr><tr><td>とりがらすープ</td><td>うすくちしょうゆ</td></tr><tr><td>トマトケチャップ</td><td>ひまわりあぶら</td></tr><tr><td>トマトピューレ</td><td>キャベツのソテー</td></tr><tr><td>ウスターソース</td><td>キャベツ</td></tr><tr><td>あかワイン</td><td>にんじん</td></tr><tr><td>さとう</td><td>しお</td></tr><tr><td>こしょう</td><td>こしょう</td></tr><tr><td>ひまわりあぶら</td><td>こいくちしょうゆ</td></tr></table> <div>持参</div> <p>ツナコーン:小麦、乳<br/>ハッシュドボーグ:小麦、鶏肉、豚肉</p> <div>今月の炊き込みごはん</div> <p>「わかめごはん」(15日)<br/>こめ 80g<br/>たきこみわかめ 2.3g</p> | 10   | ぎゅうにゅう   | ハッシュドボーグ | ツナコーン    | ぶたにく    | ツナフレーク  | たまねぎ    | たまねぎ    | にんじん                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | ホールコーン   | マッシュルーム | しお      | ひまわりあぶら | こしょう    | とりがらすープ | うすくちしょうゆ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | トマトケチャップ  | ひまわりあぶら   | トマトピューレ   | キャベツのソテー | ウスターソース | キャベツ   | あかワイン  | にんじん     | さとう     | しお                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | こしょう         | こしょう   | ひまわりあぶら       | こいくちしょうゆ  | <div>8</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>ぞうに</td><td>ぶりのてりやき</td></tr><tr><td>とりにく</td><td>ぶり</td></tr><tr><td>きんとき</td><td>しお</td></tr><tr><td>さといも</td><td>りょうりしゅ</td></tr><tr><td>だいこん</td><td>つちしょうが</td></tr><tr><td>しらたまだんご</td><td>さとう</td></tr><tr><td>ほうれんそう</td><td>こいくちしょうゆ</td></tr><tr><td>だしこんぶ</td><td>りょうりしゅ</td></tr><tr><td>けずりぶし(さば・いわし)</td><td>みりん</td></tr><tr><td>みそ</td><td>でんぶん</td></tr><tr><td>しろみそ</td><td>くろまめ</td></tr><tr><td></td><td>さとう</td></tr><tr><td></td><td>こいくちしょうゆ</td></tr></table> <p>ぞうに:さば、鶏肉、大豆<br/>くろまめ:大豆</p> | ぞうに      | ぶりのてりやき  | とりにく | ぶり   | きんとき     | しお    | さといも    | りょうりしゅ | だいこん     | つちしょうが        | しらたまだんご | さとう      | ほうれんそう                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | こいくちしょうゆ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | だしこんぶ         | りょうりしゅ  | けずりぶし(さば・いわし) | みりん    | みそ       | でんぶん | しろみそ | くろまめ |       | さとう  |       | こいくちしょうゆ | <div>9</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>ふゆやさいなべ</td><td>じゃがいも</td></tr><tr><td>とりにく</td><td>むきえだまめ</td></tr><tr><td>うすあげ</td><td>さとう</td></tr><tr><td>れいとうとうふ</td><td>こいくちしょうゆ</td></tr><tr><td>だいこん</td><td>りょうりしゅ</td></tr><tr><td>はくさい</td><td>みりん</td></tr><tr><td>りよくとうはるさめ</td><td>ひまわりあぶら</td></tr><tr><td>みずな</td><td>ひじきのいために</td></tr><tr><td>けずりぶし(さば・いわし)</td><td>ひじき</td></tr><tr><td>りょうりしゅ</td><td>にんじん</td></tr><tr><td>みりん</td><td>ちくわ</td></tr><tr><td>こいくちしょうゆ</td><td>さとう</td></tr><tr><td>しお</td><td>こいくちしょうゆ</td></tr><tr><td></td><td>みりん</td></tr><tr><td></td><td>ひまわりあぶら</td></tr><tr><td></td><td>うまに</td></tr><tr><td></td><td>ツナフレーク</td></tr><tr><td></td><td>つちしょうが</td></tr><tr><td></td><td>にんじん</td></tr><tr><td></td><td>たまねぎ</td></tr></table> <p>ふゆやさいなべ:さば、鶏肉、大豆<br/>ツナとじゃがいものうまに:大豆<br/>ひじきのいために:さば</p> | ふゆやさいなべ      | じゃがいも | とりにく | むきえだまめ | うすあげ   | さとう      | れいとうとうふ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | こいくちしょうゆ | だいこん       | りょうりしゅ      | はくさい     | みりん      | りよくとうはるさめ | ひまわりあぶら  | みずな      | ひじきのいために | けずりぶし(さば・いわし) | ひじき     | りょうりしゅ | にんじん    | みりん                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | ちくわ      | こいくちしょうゆ  | さとう     | しお       | こいくちしょうゆ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          | みりん           |      | ひまわりあぶら |      | うまに     |       | ツナフレーク   |         | つちしょうが  |         | にんじん                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |         | たまねぎ     | <div>10</div> <div>しょうパン</div> <div>ぎゅうにゅう</div> <table><tr><td>ボークビーンズ</td><td>キャベツのいために</td></tr><tr><td>ぶたにく</td><td>しろういんげんまめ</td></tr><tr><td>たまねぎ</td><td>にんにく</td></tr><tr><td>にんじん</td><td>キャベツ</td></tr><tr><td>じゃがいも</td><td>とりがらすープ</td></tr><tr><td>トマトホールかん</td><td>りょうりしゅ</td></tr><tr><td>とりがらすープ</td><td>こいくちしょうゆ</td></tr><tr><td>トマトケチャップ</td><td>しお</td></tr><tr><td>ウスターソース</td><td>こしょう</td></tr><tr><td>あかワイン</td><td>オリーブあぶら</td></tr><tr><td>さとう</td><td></td></tr><tr><td>しお</td><td>りんご</td></tr><tr><td>こしょう</td><td>りんご</td></tr><tr><td>ひまわりあぶら</td><td></td></tr></table> <p>しょうパン:小麦、乳<br/>ボークビーンズ:鶏肉、豚肉<br/>キャベツのいために:鶏肉、豚肉<br/>りんご:りんご</p> | ボークビーンズ | キャベツのいために | ぶたにく  | しろういんげんまめ | たまねぎ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | にんにく  | にんじん   | キャベツ   | じゃがいも | とりがらすープ  | トマトホールかん | りょうりしゅ | とりがらすープ | こいくちしょうゆ | トマトケチャップ   | しお            | ウスターソース       | こしょう | あかワイン    | オリーブあぶら  | さとう      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | しお    | りんご              | こしょう | りんご     | ひまわりあぶら  |      |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    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| 20日                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | いんげん豆のクリームスープの牛乳・生クリーム |                        |          |          |               |         |      |            |                                                                                                                             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| 21日                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | じゃこ豆の桜えび               |                        |          |          |               |         |      |            |                                                                                                                             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| 28日                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | かきたま汁の卵                |                        |          |          |               |         |      |            |                                                                                                                             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| 31日                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | みそおでんのうずら卵             |                        |          |          |               |         |      |            |                                                                                                                             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| <div>献立内容を確認し、すべての口欄に下記のとおりで赤色で記号を記入してください</div> <table><tr><td>○</td><td>食べる</td><td>「通常食」</td></tr><tr><td>△</td><td>調理場で除去</td><td>「除去食」</td></tr><tr><td>×</td><td>食べない</td><td>「欠食」</td></tr></table> <p>「欠食」対応(上記×印にチェック)があり、弁当を持参する日は、枠内に大きく赤色で「持参」と記入してください。</p> <div>8大アレルゲンを色分けしています</div> <table><tr><td>卵</td><td></td></tr><tr><td>乳</td><td></td></tr><tr><td>えび</td><td></td></tr><tr><td>小麦</td><td></td></tr></table> <p>※枚方市では、上記以外の8大アレルゲンである、そば、落花生、かに、くるみの使用はありません。<br/>※しょうゆには原材料に小麦、大豆が含まれていますが、これについては記載していません。</p>                                                                                                                                                                                                                                        | ○                      | 食べる                    | 「通常食」    | △        | 調理場で除去        | 「除去食」   | ×    | 食べない       | 「欠食」                                                                                                                        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<table><tr><td>マーボーだいこん</td><td>しゃやも</td></tr><tr><td>ぶたミンチにく</td><td>しゃやも</td></tr><tr><td>つちしょうが</td><td></td></tr><tr><td>にんにく</td><td>さつまいもチップス</td></tr><tr><td>にんじん</td><td>さつまいもチップス</td></tr><tr><td>たまねぎ</td><td></td></tr><tr><td>だいこん</td><td></td></tr><tr><td>あおねぎ</td><td></td></tr><tr><td>とりがらすープ</td><td></td></tr><tr><td>みそ</td><td></td></tr><tr><td>さとう</td><td></td></tr><tr><td>こいくちしょうゆ</td><td></td></tr><tr><td>しお</td><td></td></tr><tr><td>こしょう</td><td></td></tr><tr><td>トウバンジャン</td><td></td></tr><tr><td>でんぶん</td><td></td></tr><tr><td>ひまわりあぶら</td><td></td></tr></table> <p>マーボーだいこん:鶏肉、豚肉、大豆</p> | マーボーだいこん | しゃやも    | ぶたミンチにく | しゃやも    | つちしょうが  |         | にんにく                                                                                                                                                                                                                                                                                                                                   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<table><tr><td>あんかけうどん</td><td>ツナとにんじんのあまずあえ</td></tr><tr><td>とりにく</td><td>にんじん</td></tr><tr><td>りょうりしゅ</td><td>ツナフレーク</td></tr><tr><td>うすあげ</td><td>ひじき</td></tr><tr><td>にんじん</td><td>さとう</td></tr><tr><td>はくさい</td><td>こめず</td></tr><tr><td>えのきたけ</td><td>こいくちしょうゆ</td></tr><tr><td>あおねぎ</td><td>みりん</td></tr><tr><td>うどん</td><td></td></tr><tr><td>つちしょうが</td><td></td></tr><tr><td>けずりぶし(さば・いわし)</td><td>たづくり</td></tr><tr><td>だしこんぶ</td><td>ごまめ(かたくいわし)</td></tr><tr><td>しお</td><td>さとう</td></tr><tr><td>こいくちしょうゆ</td><td>こいくちしょうゆ</td></tr><tr><td>うすくちしょうゆ</td><td>みりん</td></tr><tr><td>みりん</td><td>りょうりしゅ</td></tr><tr><td>でんぶん</td><td>こめず</td></tr></table> <p>あんかけうどん:小麦、さば、鶏肉、大豆</p> | あんかけうどん                                                                                                                                                                                                                                                                                                                               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                                                                                                          | こしょう    | さとう       | ごまあぶら | しお        | <div>17</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>にくじゃが</td><td>にびたし</td></tr><tr><td>ぎゅうにゅう</td><td>うすあげ</td></tr><tr><td>たまねぎ</td><td>はくさい</td></tr><tr><td>にんじん</td><td>ほうれんそう</td></tr><tr><td>じゃがいも</td><td>にんじん</td></tr><tr><td>つきこんにやく</td><td>けずりぶし(さば・いわし)</td></tr><tr><td>さとう</td><td>みりん</td></tr><tr><td>こいくちしょうゆ</td><td>うすくちしょうゆ</td></tr><tr><td>りょうりしゅ</td><td>さとう</td></tr><tr><td>ひまわりあぶら</td><td></td></tr><tr><td></td><td>やさしいふりかけ</td></tr></table> <p>にくじゃが:牛肉<br/>にびたし:さば、大豆</p> | にくじゃが | にびたし   | ぎゅうにゅう | うすあげ  | たまねぎ     | はくさい     | にんじん   | ほうれんそう  | じゃがいも    | にんじん       | つきこんにやく       | けずりぶし(さば・いわし) | さとう  | みりん      | こいくちしょうゆ | うすくちしょうゆ | りょうりしゅ                                                                                                                                                                         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| こいくちしょうゆ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | うすくちしょうゆ               |                        |          |          |               |         |      |            |                                                                                                                             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| りょうりしゅ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | さとう                    |                        |          |          |               |         |      |            |                                                                                                                             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| ひまわりあぶら                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                        |                        |          |          |               |         |      |            |                                                                                                                             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| <div>20</div> <div>うずまきパン</div> <div>ぎゅうにゅう</div> <table><tr><td>いんげんまめのクリームスープ</td><td>あかうおのバーベキューソース</td></tr><tr><td>ベーコン</td><td>あかうお</td></tr><tr><td>しろういんげんまめペースト</td><td>りょうりしゅ</td></tr><tr><td>たまねぎ</td><td>にんにく</td></tr><tr><td>じゃがいも</td><td>さとう</td></tr><tr><td>パセリ</td><td>こいくちしょうゆ</td></tr><tr><td>ぎゅうにゅう</td><td>りんごピューレ</td></tr><tr><td>なまクリーム</td><td>レモンかじゅう</td></tr><tr><td>とりがらすープ</td><td></td></tr><tr><td>しお</td><td>ラハノサラダ</td></tr><tr><td>こしょう</td><td>キャベツ</td></tr><tr><td>ひまわりあぶら</td><td>にんじん</td></tr><tr><td></td><td>しお</td></tr><tr><td></td><td>こしょう</td></tr><tr><td></td><td>こめず</td></tr><tr><td></td><td>さとう</td></tr><tr><td></td><td>オリーブあぶら</td></tr></table> <p>うずまきパン:小麦、乳<br/>いんげんまめのクリームスープ:乳、鶏肉、豚肉<br/>あかうおのバーベキューソース:りんご</p> | いんげんまめのクリームスープ         | あかうおのバーベキューソース         | ベーコン     | あかうお     | しろういんげんまめペースト | りょうりしゅ  | たまねぎ | にんにく       | じゃがいも                                                                                                                       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                                   | しお        |           | こしょう      |          | こめず     |        | さとう    |          | オリーブあぶら | <div>21</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>キャベツのとりだんごじる</td><td>けんちんあげ</td></tr><tr><td>とりにく</td><td>しらあえようとうふ</td></tr><tr><td>たまねぎ</td><td>ちくわ</td></tr><tr><td>にんじん</td><td>ごぼう</td></tr><tr><td>キャベツ</td><td>にんじん</td></tr><tr><td>えのきたけ</td><td>あおねぎ</td></tr><tr><td>あおねぎ</td><td>つきこんにやく</td></tr><tr><td>けずりぶし(さば・いわし)</td><td>ひじき</td></tr><tr><td>こいくちしょうゆ</td><td>こめ</td></tr><tr><td>うすくちしょうゆ</td><td>でんぶん</td></tr><tr><td>しお</td><td>さとう</td></tr><tr><td>りょうりしゅ</td><td>こいくちしょうゆ</td></tr><tr><td>みりん</td><td>しお</td></tr><tr><td></td><td>あげあぶら</td></tr><tr><td></td><td>じゃこまめ</td></tr><tr><td></td><td>さくらえび</td></tr><tr><td></td><td>だいず</td></tr><tr><td></td><td>さとう</td></tr><tr><td></td><td>こいくちしょうゆ</td></tr></table> <p>キャベツのとりだんごじる:さば、鶏肉<br/>けんちんあげ:大豆<br/>じゃこまめ:えび、大豆</p> | キャベツのとりだんごじる | けんちんあげ | とりにく          | しらあえようとうふ | たまねぎ              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                                                                                                                                                                                  |              | だいず   |      | さとう    |        | こいくちしょうゆ | <div>22</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>すきやき</td><td>れんこんのあまずあえ</td></tr><tr><td>ぎゅうにゅう</td><td>うすあげ</td></tr><tr><td>たまねぎ</td><td>れんこん</td></tr><tr><td>れいとうとうふ</td><td>にんじん</td></tr><tr><td>えのきたけ</td><td>ほししいたけ</td></tr><tr><td>いとこんにやく</td><td>ごま</td></tr><tr><td>はくさい</td><td>さとう</td></tr><tr><td>しろねぎ</td><td>さとう</td></tr><tr><td>さとう</td><td>うすくちしょうゆ</td></tr><tr><td>こいくちしょうゆ</td><td>みりん</td></tr><tr><td>りょうりしゅ</td><td>こめず</td></tr><tr><td>みりん</td><td>しお</td></tr><tr><td>ひまわりあぶら</td><td>ごまあぶら</td></tr><tr><td></td><td>ミニフィッシュ</td></tr><tr><td></td><td>ミニフィッシュ</td></tr></table> <p>すきやき:牛肉、大豆<br/>れんこんのあまずあえ:大豆、ごま</p> | すきやき     | れんこんのあまずあえ | ぎゅうにゅう      | うすあげ     | たまねぎ     | れんこん      | れいとうとうふ  | にんじん     | えのきたけ    | ほししいたけ        | いとこんにやく | ごま     | はくさい    | さとう                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | しろねぎ     | さとう       | さとう     | うすくちしょうゆ | こいくちしょうゆ                                                                                                                                                                                                                                                                                                                                                                            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<table><tr><td>スープに</td><td>ツナコーン</td></tr><tr><td>やきふた</td><td>ツナフレーク</td></tr><tr><td>ベーコン</td><td>たまねぎ</td></tr><tr><td>にんじん</td><td>ホールコーン</td></tr><tr><td>たまねぎ</td><td>しお</td></tr><tr><td>じゃがいも</td><td>こしょう</td></tr><tr><td>こいくちしょうゆ</td><td>うすくちしょうゆ</td></tr><tr><td>しお</td><td>ひまわりあぶら</td></tr><tr><td>こしょう</td><td>チンゲンサイのソテー</td></tr><tr><td>けずりぶし(さば・いわし)</td><td>キャベツ</td></tr><tr><td></td><td>チンゲンサイ</td></tr><tr><td></td><td>にんじん</td></tr><tr><td></td><td>しお</td></tr><tr><td></td><td>こしょう</td></tr><tr><td></td><td>こいくちしょうゆ</td></tr><tr><td></td><td>ひまわりあぶら</td></tr></table> <p>チーズパン:小麦、乳<br/>スープに:さば、豚肉</p> | スープに    | ツナコーン    | やきふた                                                                                                                                                                                                                                                                                                                                                                  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| にんじん     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | しお    |                  | こしょう |         | こいくちしょうゆ |      | ひまわりあぶら | <div>24</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>わかめスープ</td><td>でんぶん</td></tr><tr><td>やきふた</td><td>あげあぶら</td></tr><tr><td>にんじん</td><td>コチュジャン</td></tr><tr><td>たまねぎ</td><td>こいくちしょうゆ</td></tr><tr><td>れいとうとうふ</td><td>さとう</td></tr><tr><td>りよくとうはるさめ</td><td>こめず</td></tr><tr><td>わかめ</td><td>もやしのナムル</td></tr><tr><td>あおねぎ</td><td>ごだいずもやし</td></tr><tr><td>とりがらすープ</td><td>にんじん</td></tr><tr><td>とんこつスープ</td><td>ごま</td></tr><tr><td>こいくちしょうゆ</td><td>ごま</td></tr><tr><td>しお</td><td>さとう</td></tr><tr><td>こしょう</td><td>こいくちしょうゆ</td></tr><tr><td></td><td>しお</td></tr><tr><td></td><td>ごまあぶら</td></tr><tr><td></td><td>ヤンニョムチキン</td></tr><tr><td></td><td>とりにく</td></tr><tr><td></td><td>つちしょうが</td></tr><tr><td></td><td>にんにく</td></tr><tr><td></td><td>こいくちしょうゆ</td></tr><tr><td></td><td>りょうりしゅ</td></tr></table> <p>わかめスープ:鶏肉、豚肉、大豆<br/>ヤンニョムチキン:鶏肉、大豆<br/>もやしのナムル:大豆、ごま</p> | わかめスープ | でんぶん      | やきふた    | あげあぶら | にんじん | コチュジャン | たまねぎ     | こいくちしょうゆ | れいとうとうふ  | さとう      | りよくとうはるさめ | こめず     | わかめ | もやしのナムル | あおねぎ     | ごだいずもやし | とりがらすープ       | にんじん | とんこつスープ | ごま     | こいくちしょうゆ | ごま     | しお       | さとう | こしょう          | こいくちしょうゆ |  | しお |  | ごまあぶら |  | ヤンニョムチキン |  | とりにく |  | つちしょうが |  | にんにく |  | こいくちしょうゆ |  | りょうりしゅ |
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| <div>27</div> <div>コッペパン</div> <div>ぎゅうにゅう</div> <table><tr><td>ミートスパゲティ</td><td>キャベツのサラダ</td></tr><tr><td>ぎゅうミンチにく</td><td>キャベツ</td></tr><tr><td>たまねぎ</td><td>ロースハム</td></tr><tr><td>にんじん</td><td>キャベツ</td></tr><tr><td>スパゲティ</td><td>にんじん</td></tr><tr><td>トマトホールかん</td><td>しお</td></tr><tr><td>トマトケチャップ</td><td>こしょう</td></tr><tr><td>ウスターソース</td><td>ひまわりあぶら</td></tr><tr><td>しお</td><td>ノンエッグマヨネーズ</td></tr><tr><td>こしょう</td><td></td></tr><tr><td>ひまわりあぶら</td><td>みかん</td></tr><tr><td></td><td>みかん</td></tr></table> <p>コッペパン:小麦、乳<br/>ミートスパゲティ:小麦、牛肉<br/>キャベツのサラダ:豚肉<br/>ノンエッグマヨネーズ:大豆</p>                                                                                                                                                                                 | ミートスパゲティ               | キャベツのサラダ               | ぎゅうミンチにく | キャベツ     | たまねぎ          | ロースハム   | にんじん | キャベツ       | スパゲティ                                                                                                                       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<p>かきたまじる:卵、さば<br/>やきざかな(さけ):さけ<br/>いためたくあん:大豆、ごま</p> | かきたまじる    | やきざかな(さけ) | にんじん      | さけ       | たまねぎ    | りょうりしゅ | いとこまぼこ | こいくちしょうゆ | たまご     | みりん                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | あおねぎ         | りょうりしゅ | けずりぶし(さば・いわし) |           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<table><tr><td>ふゆやさいのチキンカレー</td><td>とりがらすープ</td></tr><tr><td>とりにく</td><td>あかワイン</td></tr><tr><td>つちしょうが</td><td>さとう</td></tr><tr><td>にんにく</td><td>しお</td></tr><tr><td>たまねぎ</td><td>こしょう</td></tr><tr><td>にんじん</td><td>ひまわりあぶら</td></tr><tr><td>だいこん</td><td>チンゲンサイのいためもの</td></tr><tr><td>れんこん</td><td>やきふた</td></tr><tr><td>じゃがいも</td><td>にんじん</td></tr><tr><td>カレーこ</td><td>キャベツ</td></tr><tr><td>ひまわりあぶら</td><td>チンゲンサイ</td></tr><tr><td>はいせんこおきこ</td><td>こいくちしょうゆ</td></tr><tr><td>オニオンペースト</td><td>しお</td></tr><tr><td>チャツネ</td><td>こしょう</td></tr><tr><td>トマトケチャップ</td><td>ひまわりあぶら</td></tr><tr><td>ウスターソース</td><td></td></tr><tr><td>のうこうソース</td><td>ふくじんづけ</td></tr><tr><td>こいくちしょうゆ</td><td>ふくじんづけ</td></tr><tr><td>りんごピューレ</td><td></td></tr></table> <p>ふゆやさいのチキンカレー:小麦、りんご、鶏肉<br/>チンゲンサイのいためもの:豚肉</p> | ふゆやさいのチキンカレー  | とりがらすープ | とりにく          | あかワイン  | つちしょうが   | さとう  | にんにく | しお   | たまねぎ  | こしょう | にんじん  | ひまわりあぶら  | だいこん                                                                                             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                                                                                                                                               | こいくちしょうゆ | ふくじんづけ    | りんごピューレ |          | <div>30</div> <div>コッペパン</div> <div>ぎゅうにゅう</div> <table><tr><td>はくさいのスープ</td><td>くじらにくのノルウェーふう</td></tr><tr><td>ベーコン</td><td>くじらにく</td></tr><tr><td>たまねぎ</td><td>つちしょうが</td></tr><tr><td>にんじん</td><td>こいくちしょうゆ</td></tr><tr><td>はくさい</td><td>でんぶん</td></tr><tr><td>とりがらすープ</td><td>あげあぶら</td></tr><tr><td>とんこつスープ</td><td>トマトケチャップ</td></tr><tr><td>しお</td><td>ウスターソース</td></tr><tr><td>こしょう</td><td>さとう</td></tr><tr><td>うすくちしょうゆ</td><td></td></tr><tr><td></td><td>コーンソテー</td></tr><tr><td></td><td>にんじん</td></tr><tr><td></td><td>ホールコーン</td></tr><tr><td></td><td>チンゲンサイ</td></tr><tr><td></td><td>しお</td></tr><tr><td></td><td>こしょう</td></tr><tr><td></td><td>こいくちしょうゆ</td></tr><tr><td></td><td>ひまわりあぶら</td></tr></table> <p>コッペパン:小麦、乳<br/>はくさいのスープ:鶏肉、豚肉</p> | はくさいのスープ | くじらにくのノルウェーふう | ベーコン | くじらにく   | たまねぎ | つちしょうが  | にんじん  | こいくちしょうゆ | はくさい    | でんぶん    | とりがらすープ | あげあぶら                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | とんこつスープ | トマトケチャップ | しお                                                                                                                                                                                                                                                                        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チンゲンサイ  |          | しお         |               | こしょう          |      | こいくちしょうゆ |          | ひまわりあぶら  | <div>31</div> <div>ごはん</div> <div>ぎゅうにゅう</div> <table><tr><td>みそおでん</td><td>はるさめとキャベツのさっぱりあえ</td></tr><tr><td>ぶたにく</td><td>さきみフレーク</td></tr><tr><td>にんじん</td><td>にんじん</td></tr><tr><td>ちくわ</td><td>キャベツ</td></tr><tr><td>だいこん</td><td>りよくとうはるさめ</td></tr><tr><td>いたこんにやく</td><td>しお</td></tr><tr><td>さとう</td><td>こしょう</td></tr><tr><td>こいくちしょうゆ</td><td>さとう</td></tr><tr><td>ひとくちあつあげ</td><td>こいくちしょうゆ</td></tr><tr><td>うずらたまご</td><td>レモンかじゅう</td></tr><tr><td>さとう</td><td>オリーブあぶら</td></tr><tr><td>こいくちしょうゆ</td><td></td></tr><tr><td>けずりぶし(さば・いわし)</td><td></td></tr><tr><td>みそ</td><td>あじつけのり</td></tr><tr><td>さとう</td><td>あじつけのり</td></tr><tr><td>こいくちしょうゆ</td><td></td></tr><tr><td>けずりぶし(さば・いわし)</td><td></td></tr></table> <p>みそおでん:卵、さば、豚肉、大豆<br/>はるさめとキャベツのさっぱりあえ:鶏肉</p> | みそおでん | はるさめとキャベツのさっぱりあえ | ぶたにく | さきみフレーク | にんじん     | にんじん | ちくわ     | キャベツ                                                              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さとう      | あじつけのり | こいくちしょうゆ |     | けずりぶし(さば・いわし) |          |  |    |  |       |  |          |  |      |  |        |  |      |  |          |  |        |
| ミートスパゲティ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | キャベツのサラダ               |                        |          |          |               |         |      |            |                                                                                                                             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