# 【献立表（アレルギー表示）中学校】

◆◇　注意　◇◆

①コンタミネーションについては表記していません。コンタミネーションとは、食品を生産する際に、原材料として使用していないにもかかわらず、アレルギー物質が微量混入してしまう場合をいいます。

②記載されている正味重量は、計算上の一人分量のため、配食の仕方で変わる場合があります。

③令和５年４月より、原因食物に「アーモンド」が追加されました。またシステムの都合で、「かに」と「あわび」の間に2列空欄がありますが、表示の誤りではありません。

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　2日（月） 昼

| 献 立 名 | ｺｯﾍﾟﾊﾟﾝ・ｼﾞｬﾑ小　ｵﾚﾝｼﾞﾌﾚﾝﾁﾄｰｽﾄ・ｾﾞﾘｰ中<br>ｺﾛｯｹ小　肉団子中　枝豆ｻﾗﾀﾞ　ABCｽｰﾌﾟ |
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2026.10.14　　1頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210017　コッペパン（５０ｇ）小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102902　　コッペパン（個包装）☆ | | | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1220040　オレンジフレンチトースト　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102701　　食パン（無包装）☆ | 60.00 | 1.00 枚 | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210106　　凍結全卵☆ | 25.00 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　　牛乳（調理用）☆ | 12.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07043　　オレンジジュース100%(１L)☆ | 10.00 | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | |
| 03003　　上白砂糖☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14017　　バター(有塩)450g☆ | 3.13 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03011　　粉砂糖☆ | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060007　牛肉コロッケ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864181　　ｻｸｯと男爵ｺﾛｯｹ（牛肉入）☆ | | | ＊ | | ＊ | ＊ | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | |
| 14005　　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3090113　肉団子(トマトソース)②中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864175　　肉だんご（トマトソース）30ｇ☆ | 90.00 | 2.00 | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | | |
| 3070068　枝豆サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06264　　冷凍ブロッコリー☆ | 17.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06055　　冷凍カリフラワー☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0601502　　冷凍むき枝豆(外国産)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06214　　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1040262　　シーチキンLフレーク☆ | 10.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704320　　ハーフマヨネーズ☆ | 5.00 | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 1704012　　棒々鶏ドレッシング☆ | 2.50 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | ＊ | | | | |
| 17064　　白コショウ☆ | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050015　ABCスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 111343　　豚もも赤身（短冊切り）☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　　マッシュルーム☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　　もやし☆ | 27.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06178　　冷凍カーネルコーン☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　　水☆ | 107.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　　濃口醤油☆ | 1.00 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1700100　　コンソメ☆ | 1.00 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | |
| 17012　　食塩☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　　キャベツ☆ | 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0106348　　アルファベットマカロニ☆ | 5.00 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　2日（月） 昼

| 献 立 名 | ｺｯﾍﾟﾊﾟﾝ・ｼﾞｬﾑ小　ｵﾚﾝｼﾞﾌﾚﾝﾁﾄｰｽﾄ・ｾﾞﾘｰ中<br>ｺﾛｯｹ小　肉団子中　枝豆ｻﾗﾀﾞ　ABCｽｰﾌﾟ |
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2026.10.14　　2頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3160001　ジャム(いちご)DF　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100705　ﾀﾞｲｴﾀﾘｰﾌｧｲﾊﾞｰｼﾞｬﾑ(いちご)☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200164　ミニアセロラゼリー②　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1552025　アセロラゼリーＦｅ☆ | 44.00 | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　4日（ 水 ） 昼

| 献 立 名 | ご飯　ｻﾝﾏ生姜煮小　ｲｶｻﾗｻ揚げ中<br>塩肉じゃが　みそけんちん汁 |
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2026.10.14　　3頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3090124　さんまの生姜煮　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1040277　さんま生姜煮☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3060092　いかのさらさ揚げ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10342　イカ切身松笠入☆ | 50.00 | 1.00 個 | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 1.88 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501708　白ごま☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 17061　カレー粉☆ | 0.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | 7.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | 6.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3010043　塩肉じゃが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 111294　豚バラ肉（短冊切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも☆ | 40.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200300　つきこんにゃく☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734066　素材力かつおだし☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734056　塩麹☆ | 3.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　玉葱☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06011　冷凍いんげんカット(国産)☆ | 5.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050008　みそけんちん汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 93.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090　鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122102　鶏もも皮つき(角切)☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06214　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0201000　カットさといも(生)いちょう☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04039　生揚げ☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704501　合わせみそ10kg☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　 5日 （ 木 ） 昼

| 献 立 名 | 麦ご飯　鶏肉ﾚﾓﾝ風味焼小　ﾒﾝﾁｶﾂ中<br>和風野菜炒め　つみれ汁　ﾖｰｸﾞﾙﾄ小 |
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2026.10.14　　4頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
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| 1111003　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 96.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100500　白麦ビタミン強化☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3020040　鶏肉のレモン風味焼き　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122101　鶏もも皮付き(個数)☆ | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16001　清酒☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080010　えのきたけ1/２カット☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0715500　ﾚﾓﾝｸｵｰﾀｰｽﾗｲｽ（冷凍）☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000004　ｸｯｷﾝｸﾞｼｰﾄ(ｸｯｸﾊﾟｰ)☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060073　メンチカツ（ｿｰｽ）　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864178　サックリメンチカツ☆ | 80.00 | 1.00 個 | * | | * | * | | | | | | | | | | | | | | | * | * | * | | | | * | | | | | | | | | |
| 14005　大豆白絞油☆ | 8.00 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17002　中濃ソース☆ | 2.00 | | | | | | | | | | | | | | | | | | | | * | | | | | | * | | | | | | | | | |
| 3040034　和風野菜炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 111291　豚バラ肉（千切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　玉葱☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　もやし☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734056　塩麹☆ | 2.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 0.63 | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3050084　つみれ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 103.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734091　だしパック（そばっこ）☆ | 3.50 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 1004772　いわしつみれ☆ | 31.25 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080010　えのきたけ1/２カット☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 1.88 | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06086　小松菜（生）☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　5日 （ 木 ） 昼

| 献 立 名 | 麦ご飯　鶏肉ﾚﾓﾝ風味焼小　ﾒﾝﾁｶﾂ中<br>和風野菜炒め　つみれ汁　ﾖｰｸﾞﾙﾄ小 |
|---|---|

2026. 10. 14　　5頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4200655　元気ヨーグルト　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1302614　元気ヨーグルト☆ | | | | | | * | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　6日（金） 昼

| 献 立 名 | ご飯　ﾒﾝﾁｶﾂ小　鶏肉ﾚﾓﾝ風味焼・ﾁｰｽﾞ中<br>生揚げﾋﾟﾘ辛煮　白菜と鶏団子のみそ汁 |
|---|---|

2026.10.14　　6頁

| | | |
|---|---|---|
| | | |

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060072　メンチカツ（ｿｰｽ）　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864178　サックリメンチカツ☆ | | | ＊ | | ＊ | ＊ | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | | |
| 14005　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17002　中濃ソース☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 3020041　鶏肉のレモン風味焼き　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122101　鶏もも皮付き(個数)☆ | 60.00 | 1.00 個 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 3.75 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080010　えのきたけ1/２カット☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0715500　ﾚﾓﾝｸｵｰﾀｰｽﾗｲｽ（冷凍）☆ | 4.00 | 1.00 袋 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000004　ｸｯｷﾝｸﾞｼｰﾄ(ｸｯｸﾊﾟｰ)☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3010014　生揚げのピリ辛煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　純正ごま油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 5.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724002　豆板醤☆ | 0.23 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1111703　豚肩肉赤身（短冊切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　人参☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615000　たけのこ（茹で）短冊切り☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 1.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0407406　冷凍絹厚揚げ☆ | 33.75 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 1.13 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704601　米みそ（赤）1kg☆ | 3.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06245　青ピーマン☆ | 5.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050249　白菜と鶏団子のみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 106.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090　鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864136　鶏肉団子（5g）☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | ＊ | ＊ | | | | | | | | | | | | | |
| 08016　ぶなしめじ(バラ)☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704501　合わせみそ10kg☆ | 8.88 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06233　白菜☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06086　小松菜（生）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　6日（金） 昼

| 献 立 名 | ご飯　ﾒﾝﾁｶﾂ小　鶏肉ﾚﾓﾝ風味焼・ﾁｰｽﾞ中<br>生揚げﾋﾟﾘ辛煮　白菜と鶏団子のみそ汁 |
|---|---|

2026.10.14　　7頁

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|---|---|---|
| | | |

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3170002　角チーズ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1306100　給食用ﾍﾞﾋﾞｰﾁｰｽﾞ（Fe・Ca）☆ | 10.00 | 1.00 箱 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　9日（月） 昼

| 献 立 名 | とがらしごぼう豚丼　あったか旭スープ<br>米粉ブランマンジェ苺ソース |
|---|---|

2026.10.14　　8頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1131012　とがらしごぼう豚丼の具 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111704　花悠豚肩肉赤身（短冊切り）☆ | 50.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 111297　花悠豚バラ肉（短冊切り）☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 060840　ごぼう（生）ささがき☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0402312　国産大豆（ｸﾗｯｼｭ）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 2.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17045　米みそ（白）十日市場☆ | 5.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 2.00 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1707301　一味唐辛子☆ | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050321　あったか旭スープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 112.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734091　だしパック（そばっこ）☆ | 3.50 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1038404　半月スライスなると☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734111　中華がらスープ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | ＊ | ＊ | | | | | | | | | | | | | |
| 1701200　まき火の塩（ｻﾝﾗｲｽﾞｿﾙﾄ）☆ | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 1.25 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06160　チンゲン菜☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200405　鶏卵（２L)(飼料用米)☆ | 12.50 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200021　米粉ブランマンジェ苺ソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 17.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　牛乳（調理用）☆ | 25.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301500　生クリーム☆ | 8.00 | | | | | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 01158　米粉☆ | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0303014　クールゼリーの素☆ | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0720118　千葉県産いちごピューレ☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03005　グラニュー糖☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000003　プリンカップ（60ml）☆ | | 1.00 ヶ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　10日（ 火） 昼

| 献 立 名 | ご飯　鮭もみじ焼小　ｻﾝﾏ生姜煮中<br>ｷｬﾍﾞﾂみそ炒め　沢煮椀　ｳｴﾊｰｽ中 |
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2026.10.14　　9頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3020160　鮭のもみじ焼き 小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10130　銀鮭切身☆ | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | |
| 1704202　マヨネーズ(袋)☆ | | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 0621403　人参ペースト☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000007　ﾍﾞｰｷﾝｸﾞﾄﾚｰ小判B(120入)☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3090125　さんまの生姜煮　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1040277　さんま生姜煮☆ | 45.00 | 1.00 袋 | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3040008　キャベツのみそ炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724002　豆板醤☆ | 0.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 111343　豚もも赤身（短冊切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0407419　冷凍ﾐﾆ絹厚揚げ（Ca・鉄・繊維☆ | 18.75 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06289　もやし☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 27.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 1.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734074　ｵｲｽﾀｰｿｰｽ（理研）☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704601　米みそ（赤）1kg☆ | 2.38 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 1.38 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3050064　沢煮椀 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 118.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734091　だしパック（そばっこ）☆ | 3.50 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 111291　豚バラ肉（千切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06084　ごぼう（生）千切り☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615004　たけのこ（茹で）千切り☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 2.50 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　10日（ 火） 昼

| 献 立 名 | ご飯　鮭もみじ焼小　ｻﾝﾏ生姜煮中<br>ｷｬﾍﾞﾂみそ炒め　沢煮椀　ｳｴﾊｰｽ中 |
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2026.10.14　　10頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17064　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06278　糸みつば☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4500135　カルシウムウエハース　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2502703　骨にカルシウムウエハース☆ | 7.10 | 1.00 袋 | ＊ | | ＊ | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　11日（ 水） 昼

| 献 立 名 | ﾎﾟｰｸﾊﾔｼﾗｲｽ　ツナと大根のｻﾗﾀﾞ<br>米粉の落花みそｶｯﾌﾟｹｰｷ　ｼﾞｮｱ中 |
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2026.10.14　　11頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100009　牛乳　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100012　ジョア（マスカット）　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1302807　ジョア　マスカット☆ | 125.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3070026　ツナと大根のサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 22.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06178　冷凍カーネルコーン☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1040262　シーチキンLフレーク☆ | 6.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704013　和風ごまドレッシング☆ | 5.63 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | ＊ | | | | |
| 1130043　ポークハヤシ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111703　豚肩肉赤身（短冊切り）☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 1602903　赤ワイン☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016　ぶなしめじ(バラ)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734048　ダイストマト缶☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700100　コンソメ☆ | 0.31 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | |
| 1724017　デミグラスソース☆ | 5.00 | | ＊ | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1710402　ハヤシルウ（コーエキ）☆ | 15.63 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301101　スキムミルク☆ | 3.13 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734035　ローストオニオン☆ | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17036　トマトケチャップ☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 0.23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06025　冷凍グリンピース☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301500　生クリーム☆ | 2.25 | | | | | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 4200559　米粉の落花みそカップケーキ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210106　凍結全卵☆ | 6.00 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　牛乳（調理用）☆ | 9.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17045　米みそ（白）十日市場☆ | 2.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 01024　ホットケーキミックス☆ | 8.00 | | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　11日（ 水） 昼

| 献 立 名 | ﾎﾟｰｸﾊﾔｼﾗｲｽ　ﾂﾅと大根のｻﾗﾀﾞ<br>米粉の落花みそｶｯﾌﾟｹｰｷ　ｼﾞｮｱ中 |
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| 料理・食品名 | | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
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| 01158 | 米粉☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17084 | ベーキングパウダー☆ | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301101 | スキムミルク☆ | 2.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0503400 | ﾋﾟｰﾅｯﾂﾊﾟｳﾀﾞｰ（粉末ﾋﾟｰﾅｯﾂ） ☆ | 3.00 | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 05035 | カットピーナッツ☆ | 1.00 | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15115A | ホワイトチップチョコ☆ | 3.00 | | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 9000005 | 紙トレー丸型A(150入)☆ | | 1パック | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　12日（木） 昼

| 献 立 名 | 麦ご飯　ｻｻﾐ香味揚げ小　鉄人つくね中<br>五目ｺﾞﾏﾐｿ煮　豆腐とﾜｶﾒのみそ汁　ﾘﾝｺﾞ中 |
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2026.10.14　　13頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
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| 1111003　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 96.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100500　白麦ビタミン強化☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060103　ささみの香味揚げ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122701　鶏ささ身 筋なし(個数)☆ | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16001　清酒☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501708　白ごま☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 02034　澱粉☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01015　薄力粉☆ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3020881　野菜たっぷり鉄人つくね　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864173　野菜たっぷり鉄人つくね☆ | 40.00 | 1.00 個 | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 17000　水☆ | 8.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 0.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 2.00 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3010065　五目ごまみそ煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122102　鶏もも皮つき(角切)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0608400　ごぼう（生）乱切り☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0631700　蓮根（乱切り）☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1042026　揚げボールIW標準10ｇ☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200310　角切こんにゃく（煮物用）☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12003　うずら卵水煮☆ | 22.50 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 1.63 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704601　米みそ（赤）1kg☆ | 3.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　12日（木）昼

| 献 立 名 | 麦ご飯　ｻｻﾐ香味揚げ小　鉄人つくね中<br>五目ｺﾞﾏﾐｿ煮　豆腐とﾜｶﾒのみそ汁　ﾘﾝｺﾞ中 |
|---|---|

2026.10.14　　14頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0501706　白すりごま☆ | 0.31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 3050241　豆腐とわかめのみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 103.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090　鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04040　冷凍刻み油揚げ☆ | 2.50 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704501　合わせみそ10kg☆ | 7.50 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 04032　木綿豆腐☆ | 37.50 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06086　小松菜（生）☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09040　花細工(乾燥わかめ)☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4100037　りんご（1/6）中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07148　りんご（個数）☆ | 34.00 | 1.00 個 | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　13日（ 金） 昼

| 献 立 名 | ご飯　鉄人つくね小　ささみ香味揚げ中<br>秋のｱﾏｶﾞﾗ炒め　芋けんちん　のり佃煮 |
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2026.10.14　　15頁

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|---|---|---|
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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3020880　野菜たっぷり鉄人つくね　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864173　野菜たっぷり鉄人つくね☆ | | | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 17000　水☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060104　ささみの香味揚げ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122701　鶏ささ身 筋なし(個数)☆ | 50.00 | 1.00 個 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 3.75 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501708　白ごま☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 02034　澱粉☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01015　薄力粉☆ | 1.25 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | 6.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3010071　秋のあまがらいため(ｺﾝﾃｽﾄ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111703　豚肩肉赤身（短冊切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 020060　ｶｯﾄさつまいも　いちょう切☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08028　フレッシュ舞茸　バラほぐし☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 3.13 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3050116　芋けんちん（千葉県郷土料理） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 103.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734091　だしパック（そばっこ）☆ | 3.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 14002　純正ごま油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 1122102　鶏もも皮つき(角切)☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06214　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0201000　カットさといも(生)いちょう☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 060840　ごぼう（生）ささがき☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　13日（ 金） 昼

| 献 立 名 | ご飯　鉄人つくね小　ささみ香味揚げ中<br>秋のｱﾏｶﾞﾗ炒め　芋けんちん　のり佃煮 |
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2026.10.14　　16頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 06132　大根☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04039　生揚げ☆ | 12.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 3.13 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06086　小松菜（生）☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4500042　千葉県産のり佃煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2203014　のり佃煮☆ | 7.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　16日（月） 昼

| 献 立 名 | ｵﾚﾝｼﾞﾌﾚﾝﾁﾄｰｽﾄ・肉団子小　ｺｯﾍﾟﾊﾟﾝ中<br>ｺﾛｯｹ中　ﾘﾎﾞﾝｻﾗﾀﾞ　ﾎﾟｰｸﾋﾞｰﾝｽﾞ　ｼﾞｬﾑ中 |
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2026.10.14　　17頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1220039　オレンジフレンチトースト　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102701　食パン（無包装）☆ | | | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210106　凍結全卵☆ | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　牛乳（調理用）☆ | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07043　オレンジジュース100%（１L）☆ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14017　バター(有塩)450g☆ | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03011　粉砂糖☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210019　コッペパン（７０ｇ）中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102902　コッペパン（個包装）☆ | 70.00 | 1.00 個 | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3090112　肉団子(トマトソース)② 小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864176　肉だんご（トマトソース）15ｇ☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | | |
| 3060863　牛肉コロッケ(ソース)　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864181　ｻｸｯと男爵ｺﾛｯｹ（牛肉入）☆ | 70.00 | 1.00 袋 | ＊ | | ＊ | ＊ | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | 7.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17002　中濃ソース☆ | 2.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 3070055　リボンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0114406　ファルファーレ☆ | 10.00 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0632804　ﾐｯｸｽﾋﾟﾒﾝﾄ（赤黄緑ﾋﾟｰﾏﾝ）☆ | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1117513　無塩せきハム（短冊）☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 1704042　野菜いっぱいドレ・イタリアン☆ | 5.63 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | | |
| 3050037　ポークビーンズ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1118300　無塩せきﾍﾞｰｺﾝ(短冊切)☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 111343　豚もも赤身（短冊切り）☆ | 17.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0400801　蒸白いんげん豆☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734048　ダイストマト缶☆ | 35.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700100　コンソメ☆ | 0.63 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | |
| 17036　トマトケチャップ☆ | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　16日（月）　昼

| 献 立 名 | ｵﾚﾝｼﾞﾌﾚﾝﾁﾄｰｽﾄ・肉団子小　ｺｯﾍﾟﾊﾟﾝ中<br>ｺﾛｯｹ中　ﾘﾎﾞﾝｻﾗﾀﾞ　ﾎﾟｰｸﾋﾞｰﾝｽﾞ　ｼﾞｬﾑ中 |
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2026.10.14　　18頁

| 料理・食品名 | | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17034 | トマトピューレー☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17002 | 中濃ソース☆ | 1.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 03004 | 三温糖☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012 | 食塩☆ | 0.11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1304080 | ダイスチーズ☆ | 2.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301500 | 生クリーム☆ | 1.88 | | | | | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 3160002 | ジャム(いちご)DF　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100705 | ﾀﾞｲｴﾀﾘｰﾌｧｲﾊﾞｰｼﾞｬﾑ(いちご)☆ | 15.00 | 1.00 個 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　17日（ 火） 昼

| 献 立 名 | ﾎﾟｰｸｶﾚｰﾗｲｽ　ツナとひじきのｻﾗﾀﾞ<br>手作りｽｲｰﾄﾎﾟﾃﾄ　ｼﾞｮｱ小 |
|---|---|

2026.10.14　　19頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100014　ジョア(プレーン)　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1302804　ジョアプレーン☆ | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100010　牛乳　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3070075　ツナとひじきのサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09031　芽ひじき☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　もやし☆ | 17.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06247　赤ピーマン☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0601502　冷凍むき枝豆(外国産)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1040262　シーチキンLフレーク☆ | 6.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 0715501　レモン果汁☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　純正ごま油☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 1700701　減塩醤油(和え物)☆ | 0.63 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704012　棒々鶏ドレッシング☆ | 2.88 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | ＊ | | |
| 0501708　白ごま☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | |
| 1130005　ポークカレー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111700　豚肩肉赤身（角切り）☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | |
| 1722012　ガラムマサラ☆ | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　玉葱☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17001　ウスターソース☆ | 0.88 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | |
| 1734035　ローストオニオン☆ | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724012　チャツネ☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | |
| 1706121　ディナーカレー☆ | 6.25 | | ＊ | | | ＊ | | | | | | | | | | | | | | | ＊ | ＊ | | | | | ＊ | | ＊ | | | | | | |
| 1706114　バーモントフレーク給食用☆ | 6.25 | | ＊ | | | ＊ | | | | | | | | | | | | | | | ＊ | | ＊ | | | | ＊ | | ＊ | | | | | | |
| 1706131　コータスカレールウ（甘口）☆ | 5.63 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | |
| 1301101　スキムミルク☆ | 2.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06025　冷凍グリンピース☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200043　手作りスイートポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 020062　ｶｯﾄさつまいも　角切り☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14017　バター(有塩)450g☆ | 2.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　17日 （ 火 ） 昼

| 献 立 名 | ﾎﾟｰｸｶﾚｰﾗｲｽ　ﾂﾅとひじきのｻﾗﾀﾞ<br>手作りｽｲｰﾄﾎﾟﾃﾄ　ｼﾞｮｱ小 |
|---|---|

2026.10.14　　20頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 03004 三温糖☆ | 5.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301500 生クリーム☆ | 5.00 | | | | | * | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1210106 凍結全卵☆ | 7.00 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200601 冷凍さつまいもペースト☆ | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1723001 バニラエッセンス☆ | 0.01 | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | | | | | | |
| 9000005 紙トレー丸型A(150入)☆ | | 1ﾊﾟｯｸ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　18日（ 水） 昼

| 献 立 名 | ご飯　ﾄﾝｶﾂ小　ﾊﾝﾊﾞｰｸﾞ中<br>五目きんぴら　ﾏｯｼｭﾙｰﾑと三つ葉のみそ汁 |
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2026.10.14　　21頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060552　旭市産こだわりとんかつ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1112700　豚ロース赤身（個数）寄贈用☆ | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 01015　薄力粉☆ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210106　凍結全卵☆ | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01079　ソフトパン粉☆ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17000　水☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703609　トマトケチャップ（せきね農苑☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | |
| 06214　人参☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724012　チャツネ☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | |
| 06365　おろし生姜☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17045　米みそ（白）十日市場☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1602903　赤ワイン☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501706　白すりごま☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | |
| 3020673　旭市産こだわりハンバーグ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1116304　豚挽き肉(寄贈用)☆ | 75.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　牛乳（調理用）☆ | 12.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01077　生パン粉☆ | 2.50 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1210106　凍結全卵☆ | 6.25 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17074　ナツメグ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301101　スキムミルク☆ | 2.50 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703609　トマトケチャップ（せきね農苑☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | |
| 06214　人参☆ | 1.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724012　チャツネ☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　18日（ 水 ） 昼

| 献 立 名 | ご飯　ﾄﾝｶﾂ小　ﾊﾝﾊﾞｰｸﾞ中<br>五目きんぴら　ﾏｯｼｭﾙｰﾑと三つ葉のみそ汁 |
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2026.10.14　　22頁

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| 料理・食品名 | | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 06365 | おろし生姜☆ | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076 | おろしにんにく☆ | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17045 | 米みそ（白）十日市場☆ | 1.88 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03004 | 三温糖☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1602903 | 赤ワイン☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501706 | 白すりごま☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 3040048 | 五目きんぴら | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500 | 米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111703 | 豚肩肉赤身（短冊切り）☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214 | 人参☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06084 | ごぼう（生）千切り☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615004 | たけのこ（茹で）千切り☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200300 | つきこんにゃく☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013 | 干し椎茸（スライス）☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004 | 三温糖☆ | 2.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001 | 清酒☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025 | みりん☆ | 1.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700 | 減塩醤油☆ | 3.25 | | ＊ | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 0501708 | 白ごま☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 1707302 | 七味唐辛子☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 14002 | 純正ごま油☆ | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 3050210 | ﾏｯｼｭﾙｰﾑと三つ葉のみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000 | 水☆ | 112.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090 | 鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06214 | 人参☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132 | 大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032 | 木綿豆腐☆ | 31.25 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 17045 | 米みそ（白）十日市場☆ | 8.88 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06278 | 糸みつば☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031 | マッシュルーム☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　19日（木） 昼

| 献 立 名 | 麦ご飯　棒餃子小　揚げ餃子②中<br>春雨ｻﾗﾀﾞ　麻婆豆腐 |
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2026.10.14　　23頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111003　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 96.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100500　白麦ビタミン強化☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3020550　棒ぎょうざ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864085　棒餃子（鉄分強化）☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | | | | | | | | | |
| 3060394　揚げぎょうざ②　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1800203　国産野菜餃子（FeCa強化）☆ | 40.00 | 2.00 | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | | | | | ＊ | | | | |
| 14005　大豆白絞油☆ | 4.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3070008　春雨サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 111751　無塩せきハム(千切り)☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 02039　カット緑豆春雨　5㎝☆ | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200800　錦糸卵（短冊切り）☆ | 11.25 | | ＊ | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 2.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700701　減塩醤油(和え物)☆ | 3.38 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17016　米酢☆ | 2.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501708　白ごま☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 14002　純正ごま油☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 3050039　マーボー豆腐 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724002　豆板醤☆ | 0.31 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 11163　豚挽き肉☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615004　たけのこ（茹で）千切り☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1710521　麻婆ソースG（理研）ボトル☆ | 1.13 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | ＊ | | | | | | | | |
| 1710522　麻婆豆腐の素（富士食品）☆ | 9.25 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | | | | | ＊ | | | | |
| 1710523　麻婆豆腐の素（理研）ﾚﾄﾙﾄ☆ | 5.75 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | | | | | ＊ | | | | |
| 03004　三温糖☆ | 1.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 2.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 2.25 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704601　米みそ（赤）1kg☆ | 1.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1710501　中華味☆ | 0.19 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | ＊ | ＊ | | | | | ＊ | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　19日（木） 昼

| 献 立 名 | 麦ご飯　棒餃子小　揚げ餃子②中<br>春雨ｻﾗﾀﾞ　麻婆豆腐 |
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2026.10.14　　24頁

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| 料理・食品名 | | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0403207 | 冷凍豆腐サイコロカット☆ | 87.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06207 | にら☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034 | 澱粉☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002 | 純正ごま油☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 1707302 | 七味唐辛子☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　20日（ 金） 昼

| 献 立 名 | ご飯　鯖南蛮漬け小　鮭包み焼き中<br>性学もちのすき焼き炒め　ﾊﾟﾜｰﾁｬｰｼﾞ豚汁 |
|---|---|

2026.10.14　　25頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | ｶｼｭｰﾅｯﾂ | ごま | ｱｰﾓﾝﾄﾞ | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060927　野菜たっぷり鯖の南蛮漬け(R8ｺﾝ)小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1042055　まさば切身澱粉付☆ | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06214　人参☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06136　切干大根☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　もやし☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06247　赤ピーマン☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0715501　レモン果汁☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17110　ぽん酢☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3021077　鮭と赤ﾋﾟｰﾏﾝのおしゃべり包み焼き(R8ｺﾝ)中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10130　銀鮭切身☆ | 60.00 | 1.00 切 | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06247　赤ピーマン☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06250　黄ピーマン☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016　ぶなしめじ(バラ)☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704202　マヨネーズ(袋)☆ | 6.00 | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | ＊ | | | | | | | | | |
| 1704502　おしゃべりみそ（匝瑳市）☆ | 3.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000007　ﾍﾞｰｷﾝｸﾞﾄﾚｰ小判B(120入)☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3040089　性学もちのコク旨すき焼き炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111702　豚肩肉赤身（小間）☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06182　トマト☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06247　赤ピーマン☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06160　チンゲン菜☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 3.00 | | ＊ | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　20日 （ 金 ） 昼

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| 献 立 名 | ご飯　鯖南蛮漬け小　鮭包み焼き中<br>性学もちのすき焼き炒め　ﾊﾟﾜｰﾁｬｰｼﾞ豚汁 |
|---|---|

2026.10.14　　26頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0114417　性学もちスライス☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200440　炒り卵☆ | 12.50 | | | | * | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3050320　東総のパワーチャージ豚汁(R8ｺﾝ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 95.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090　鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 111341　豚もも赤身（小間）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 06214　人参☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 060840　ごぼう（生）ささがき☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 15.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 020060　ｶｯﾄさつまいも　いちょう切☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016　ぶなしめじ(バラ)☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704501　合わせみそ10kg☆ | 8.75 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　24日（ 火） 昼

| 献 立 名 | ご飯　鶏の照焼き小　鶏の唐揚げ②中<br>ひじきの炒め煮　生揚げのみそ汁　ﾁｰｽﾞ小 |
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2026.10.14　　27頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3021006　鶏肉の照り焼き　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122101　鶏もも皮付き(個数)☆ | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 16001　清酒☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16025　みりん☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060020　鶏肉のから揚げ②　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122101　鶏もも皮付き(個数)☆ | 60.00 | 2.00 個 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 16001　清酒☆ | 0.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 1.00 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 0.70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01015　薄力粉☆ | 2.50 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1709020　ｼｬﾝｼﾞｬﾝﾌｪﾝ(揚げ物用)☆ | 4.00 | | ＊ | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | 6.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3010008　ひじきのいため煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122102　鶏もも皮つき(角切)☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06214　人参☆ | 7.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09031　芽ひじき☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1038675　さつま揚げカット☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04081　大豆水煮☆ | 6.25 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 2.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 0.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 2.88 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06011　冷凍いんげんカット(国産)☆ | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050212　生揚げのみそ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 106.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734090　鰹の素　桜印☆ | 3.13 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06214　人参☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　24日（ 火） 昼

| 献 立 名 | ご飯　鶏の照焼き小　鶏の唐揚げ②中<br>ひじきの炒め煮　生揚げのみそ汁　ﾁｰｽﾞ小 |
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2026.10.14　　28頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0201000　カットさといも(生)いちょう☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04039　生揚げ☆ | 18.75 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704501　合わせみそ10kg☆ | 8.88 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06087　国産冷凍小松菜☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3170001　角チーズ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1306100　給食用ﾍﾞﾋﾞｰﾁｰｽﾞ（Fe・Ca）☆ | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　25日（ 水） 昼

| 献 立 名 | 焼きそば　にらまんじゅう小①中②<br>ｻﾂﾏｲﾓﾁｯﾌﾟｽ　ﾌﾙｰﾂ杏仁　ｱｰﾓﾝﾄﾞﾌｨｯｼｭ中 |
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2026.10.14　　29頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1300113　ソース焼きそば | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 2.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1111703　豚肩肉赤身（短冊切り）☆ | 22.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06214　人参☆ | 27.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 45.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　もやし☆ | 27.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06207　にら☆ | 6.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 20.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734106　栄養だし☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0104900　焼きそば用蒸し麺（バラ）☆ | 135.00 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17002　中濃ソース☆ | 2.70 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 17001　ウスターソース☆ | 2.70 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 1709004　焼そばソース(粉末)☆ | 5.40 | | | | | | | | | | | | | | | | | | | | ＊ | | ＊ | | | | ＊ | | | | | | | | | |
| 1734074　ｵｲｽﾀｰｿｰｽ（理研）☆ | 2.70 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080100　にらまんじゅう小①中② | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864071　にらまんじゅう☆ | 60.00 | 2.00 | ＊ | | | | | | | | | | | | | | | | | | ＊ | | ＊ | | | | | | | | | | | | | |
| 3060895　さつまいもチップス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200604　さつま芋チップス用薄切り☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | 5.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1701203　食塩(和え物)☆ | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200003　フルーツ杏仁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1530027　やわらか杏仁豆腐☆ | 50.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07102　パインチビット缶詰☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0713803　黄桃缶ダイスカット缶☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | |
| 07035　みかん缶詰☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4500049　アーモンドフィッシュ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2502700　アーモンドフィッシュ☆ | 8.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | ＊ | ＊ | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　26日（ 木） 昼

| 献 立 名 | 三色丼　ｺﾞﾎﾞｳｺﾞﾏｻﾗﾀﾞ<br>春雨スープ　りんご小　ﾐﾙﾒｰｸ |
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2026.10.14　　30頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111003　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 96.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100500　白麦ビタミン強化☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1130011　三色丼の具（鶏） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 3.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | 3.13 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704601　米みそ（赤）1kg☆ | 3.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11230　鶏ひき肉☆ | 56.25 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 1200440　炒り卵☆ | 33.75 | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 0601502　冷凍むき枝豆(外国産)☆ | 15.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3070020　ごぼうのごまサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06084　ごぼう（生）千切り☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06289　もやし☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1864131　ソフトチキン水煮☆ | 11.25 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700701　減塩醤油(和え物)☆ | 2.25 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17016　米酢☆ | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 05042　ねりごま☆ | 3.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 0501708　白ごま☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 14002　純正ごま油☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | |
| 3050091　春雨スープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 131.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1710501　中華味☆ | 0.75 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | ＊ | ＊ | | | | | ＊ | | | | | | | | |
| 1734111　中華がらスープ☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | ＊ | ＊ | | | | | | | | | | | | | |
| 111343　豚もも赤身（短冊切り）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 08013　干し椎茸（スライス）☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 16.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02039　カット緑豆春雨　5cm☆ | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 2.25 | | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.34 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06269　冷凍ほうれん草☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　26日（木） 昼

| 献 立 名 | 三色丼　ｺﾞﾎﾞｳｺﾞﾏｻﾗﾀﾞ<br>春雨スープ　りんご小　ﾐﾙﾒｰｸ |
|---|---|

2026.10.14　　31頁

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|---|---|---|
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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4100036　りんご（1/6）小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07148　　りんご（個数）☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | |
| 4300003　ミルメーク　コーヒー（液体） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1604508　　ミルメークコーヒー（液体）☆ | 12.50 | 1.00 個 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　27日　（ 金 ）　昼

| 献 立 名 | ご飯　ｲｶｻﾗｻ揚げ小　鯖味噌煮中<br>白菜の煮物　鶏五目汁　ｾﾞﾘｰ②小　ﾖｰｸﾞﾙﾄ中 |
|---|---|

2026.10.14　　32頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1111001　ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 01083　精白米（つぶすけ）☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060091　いかのさらさ揚げ　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10342　イカ切身松笠入☆ | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | | | | | | | | |
| 1700700　減塩醤油☆ | | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16001　清酒☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06365　おろし生姜☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501708　白ごま☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 17061　カレー粉☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14005　大豆白絞油☆ | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3090031　さばのみそ煮　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1015400　国産さば味噌煮（ヤヨイ）☆ | 70.00 | 1.00 パック | | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 3010050　トロトロ白菜とさつま揚げの煮物 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03004　三温糖☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17008　薄口醤油☆ | 2.50 | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1038675　さつま揚げカット☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080010　えのきたけ1/２カット☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06233　白菜☆ | 37.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12003　うずら卵水煮☆ | 25.00 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　澱粉☆ | 1.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050187　鶏五目汁（醤油） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17000　水☆ | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1734091　だしパック（そばっこ）☆ | 3.50 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 1122102　鶏もも皮つき(角切)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 06214　人参☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　大根☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 060840　ごぼう（生）ささがき☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016　ぶなしめじ(バラ)☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0200311　スライスこんにゃく（汁物用）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06086　小松菜（生）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　濃口醤油☆ | 3.75 | | * | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　長ねぎ☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200163　ミニアセロラゼリー②　小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　27日（ 金） 昼

| 献 立 名 | ご飯　ｲｶｻﾗｻ揚げ小　鯖味噌煮中<br>白菜の煮物　鶏五目汁　ｾﾞﾘｰ②小　ﾖｰｸﾞﾙﾄ中 |
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2026.10.14　　33頁

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| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1552025　アセロラゼリーＦｅ☆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200656　元気ヨーグルト　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1302614　元気ヨーグルト☆ | 70.00 | 1.00 個 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　30日（月）　昼

| 献 立 名 | 黒糖ﾊﾟﾝ　ﾁｰｽﾞｵﾑﾚﾂ小　ﾋﾟｻﾞｴｯｸﾞ中<br>ﾂﾅ入りﾎﾟﾃﾄｻﾗﾀﾞ　ｸﾗﾑﾁｬｳﾀﾞｰ　二色ｾﾞﾘｰ |
|---|---|

2026.10.14　　34頁

| | | |
|---|---|---|
| | | |

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210007　黒糖パン（４０g，６０g） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102820　黒糖パン（個包装）☆ | 60.00 | 1.00 個 | ＊ | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100000　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300401　牛乳（個数）☆ | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3090108　チーズオムレツ 小 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1210114　チーズオムレツ（真空）☆ | | | | | ＊ | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3020269　ピザエッグ　中 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200403　鶏卵（M)個数☆ | 51.00 | 1.00 個 | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　おろしにんにく☆ | 0.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1118300　無塩せきﾍﾞｰｺﾝ(短冊切)☆ | 4.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06245　青ピーマン☆ | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17036　トマトケチャップ☆ | 7.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1709005　ピザソース☆ | 7.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 03003　上白砂糖☆ | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1304068　ミックスチーズ（ピザチーズ）☆ | 7.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9000001　マドレーヌカップ☆ | | 1ヶ00ｸ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3070166　ツナ入りポテトサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0204006　ダイスポテト☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　人参☆ | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1117513　無塩せきハム（短冊）☆ | 5.00 | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 06065　きゅうり（曲がり）☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1040262　シーチキンLフレーク☆ | 12.50 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1704202　マヨネーズ(袋)☆ | 5.63 | | | | ＊ | | | | | | | | | | | | | | | | ＊ | | | | | | ＊ | | | | | | | | | |
| 03003　上白砂糖☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17016　米酢☆ | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1701203　食塩(和え物)☆ | 0.19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050072　クラムチャウダー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1401500　米サラダ油☆ | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1121901　鶏むね皮付き(角切り)☆ | 6.25 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06214　人参☆ | 18.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615303　むき玉葱☆ | 25.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08031　マッシュルーム☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1028305　あさりむき身☆ | 12.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1602902　白ワイン☆ | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　11月　30日（月）　昼

| 献 立 名 | 黒糖ﾊﾟﾝ　ﾁｰｽﾞｵﾑﾚﾂ小　ﾋﾟｻﾞｴｯｸﾞ中<br>ﾂﾅ入りﾎﾟﾃﾄｻﾗﾀﾞ　ｸﾗﾑﾁｬｳﾀﾞｰ　二色ｾﾞﾘｰ |
|---|---|

2026.10.14　　35頁

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| | | |

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | | | あわび | いか | いくら | オレンジ | 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 | カシューナッツ | ごま | アーモンド | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17000　水☆ | 66.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1700100　コンソメ☆ | 0.75 | | | | | | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | | | | | | |
| 17012　食塩☆ | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　白コショウ☆ | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1300403　牛乳（調理用）☆ | 50.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1301101　スキムミルク☆ | 5.00 | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1724015　ベシャメルソース☆ | 10.63 | | ＊ | | | ＊ | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17078　ドライパセリ(粉末)☆ | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200678　苺とみかんの２色ゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1552171　いちごとみかんの２色ゼリー☆ | 40.00 | 1.00 個 | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | | | | | |