

4月食堂メニューアレルギー表

(注)下のメニューはあくまでも予定です。仕入れ等の事情により、食材等が変更になる場合があります。アレルギーについてご相談がある方は、「アレルギーに関するアンケート」をご提出の上、お手数ですが団体の代表者を通じて、あらかじめ食堂事務室(TEL:019-688-4417)までご連絡いただきますようお願い致します。

●:原材料として含む △:製造工程において混入する可能性があるもの

| | | NO. 1 | | | | | | NO. 2 | | | | | | NO. 3 | | | | | | NO. 4 | | | | | | NO. 5 | | | | | | NO. 6 | | | | | | | | | | | |
|-------------|------------|-------------------|---|---|----|-----|----|-------------------|----|---|---|----|-----|-------------------|----|----|---|---|----|--------------------|----|----|----|---|---|--------------------|-----|----|----|----|---|--------------------|----|-----|----|----|----|---|---|----|-----|----|----|
| | | 1日、7日、13日、19日、25日 | | | | | | 2日、8日、14日、20日、26日 | | | | | | 3日、9日、15日、21日、27日 | | | | | | 4日、10日、16日、22日、28日 | | | | | | 5日、11日、17日、23日、29日 | | | | | | 6日、12日、18日、24日、30日 | | | | | | | | | | | |
| | | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに |
| 朝食 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | △ | ● | | | | | ● | △ | ● | | | | | ● | △ | ● | | | | | ● | △ | ● | | | | | ● | △ | ● | | | | | ● | △ | ● | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すまし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミートコロッケ | ● | ● | ● | | | | | ● | ● | △ | | | △ | △ | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | キャベツのおかか和え | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | 切干大根の煮物 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | 野菜サラダ | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | ドレッシング(注2) | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | |
| | 納豆 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| 漬け物 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | |
| 小梅 | | | | | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | |
| ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マーガリン | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | |
| フリードリンク(注1) | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | |
| 昼食 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 春野菜味噌ラーメン | ● | ● | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | ゆかりごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華スープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キャベツメンチカツ | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | かぼちゃのあんかけ | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | 温野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パスタサラダ | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | ドレッシング(注2) | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | |
| | 漬け物 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| (2種類) | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | |
| フルーツデザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フリードリンク(注1) | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | |
| 夕食 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゆかりごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パスタソテー トマト | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すまし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミートボールの酢豚風 | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | | ● | ● | ● | | | | |
| | さわらの照り焼き | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | 高野豆腐の煮物 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 温野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドレッシング(注2) | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | | ● | ● | | | | | |
| | 漬け物 | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | |
| 日替わりカレー | ● | | | ● | | | | ● | | | ● | | | | ● | | | ● | | | | ● | | | ● | | | | ● | | | ● | | | | ● | | | ● | | | | |
| フルーツデザート | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フリードリンク(注1) | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | | | | | | | ● | |

※(注1)フリードリンク(オレンジジュース・ウーロン茶・緑茶・牛乳・コーヒー)
 ※(注2)ドレッシング(マヨネーズ、フレンチドレッシング、青じそドレッシング、梅じそドレッシング)