

# 2月メニュー・アレルゲン表

国立岩手山青少年交流の家

| 2月 | (1・7・13・19・25)  | 特定原材料 |   |   |    |     |    |    |     |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|---|
| 分類 | NO.1            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび         | いか | いくら | オレンジ | ナシッシュツー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン |   |
| 朝食 | スクランブルエッグ       | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |   |
|    | さつま揚げ煮          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |
|    | ミートボール          | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  | ●   |    |       |    |      |     |      |   |
|    | 切干大根            |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ほうれん草の味噌汁       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |   |
| 昼食 | 鶏肉の竜田揚げ         | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   | ●  |       |    |      |     |      |   |
|    | 豚肉入り野菜炒め        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | かぼちゃの煮物         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | もやしの香味和え        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | わかめうどん          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | パン＆みかん缶         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
| 夕食 | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | チャブチュー          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 一口とんかつ          | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    | ●   |    |       |    |      |     |      |   |
|    | こんにゃくの甘辛炒め      |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 豆のイタリアンサラダ      |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 大根の味噌汁          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | カレー             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    | ●   |    |       |    |      |     |      |   |
|    | チチクレープ（イチゴ）     | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     | ●    |   |
| 共通 | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
| 共通 | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 卓上しょうゆ          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  | ●   |    |       |    |      | ●   | ●    |   |
| 共通 | フレンチ白ドレッシング（小袋） |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      | ● |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      | ● |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。

・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 2月メニューアレルゲン表

国立岩手山青少年交流の家

| 2月 | (2・8・14・20・26)  | 特定原材料 |   |   |    |     |    |    |     |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|---|---|--|
| 分類 | NO.2            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび         | いか | いくら | オレンジ | ナシッシュツー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン |   |   |  |
| 朝食 | 厚焼き玉子           | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | さばの塩焼き          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | ポイルウィンナー        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | きんひら            |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | わかめの味噌汁         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | ドリンクコーナー        |       | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      | ● |   |  |
| 昼食 | れんこん肉詰めフライ      | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    | ●   | ●  |       |    |      |     |      |   |   |  |
|    | キャベツのペペロンソテー    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 大根のそぼろあん        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 青菜のお浸し          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 味噌ラーメン          | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   |    |       |    |      |     |      |   |   |  |
|    | 黒糖ゼリー           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   | ● |  |
| 夕食 | 野菜とビーフのカレー風味炒め  |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | ささみしそ巻きフライ      | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   |    |       |    |      |     |      |   |   |  |
|    | 白菜のうま煮          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   | ●  |       |    |      |     |      |   |   |  |
|    | ごぼうのイタリアンサラダ    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | せんべい汁           | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   |    |       |    |      |     |      |   |   |  |
|    | カレー             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   |    |       |    |      |     |      |   |   |  |
|    | ヨーグルト（アロエ）      |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   | ● |  |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |  |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   | ● |  |
| 共通 | 卓上しょうゆ          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |  |
|    | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  | ●   | ●  |       |    |      |     |      |   | ● |  |
|    | フレンチ白ドレッシング（小袋） |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      | ● |   |  |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   | ● |  |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。

・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 2月メニューアレルゲン表

国立岩手山青少年交流の家

| 2月 | (3・9・15・21・27)  | 特定原材料 |   |   |    |     |    |    |     |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|---|
| 分類 | NO.3            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび         | いか | いくら | オレンジ | ナシッシュツー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン |   |
| 朝食 | スクランブルエッグ       | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |   |
|    | ホキの塩焼き          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 蒸し焼売            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  | ●   |    |       |    |      |     |      |   |
|    | ひじき煮            |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ごぼうの味噌汁         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
| 昼食 | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |   |
|    | 栗かほちやコロッケ       | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ツナと野菜の炒め        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |
|    | 塩肉じゃが           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |
|    | もやしの香味和え        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | けんちんうどん(しょう油)   | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |   |
|    | パン&みかん缶         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |   |
| 夕食 | 梅しそパスタ          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | イワシ青のりフライ       | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ジャーマンポテト        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 花野菜のイタリアンサラダ    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | 玉葱の味噌汁          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | カレー             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゼリー(ぶどう&りんご)    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     | ●    |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |   |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      | ● |
| 共通 | 卓上しょうゆ          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |
|    | 青じそドレッシング(小袋)   | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  | ●   |    |       |    |      |     | ●    | ● |
|    | フレンチ白ドレッシング(小袋) |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     | ●    | ● |
|    | 中濃ソース(小袋)       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |

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# 2月メニューアレルゲン表

国立岩手山青少年交流の家

| 2月 | (4・10・16・22・28) | 特定原材料 |   |   |    |     |    |    |     |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|---|---|---|
| 分類 | NO.4            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび         | いか | いくら | オレンジ | ナシッシュツー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン |   |   |   |
| 朝食 | 厚焼き玉子           | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | さつま揚げ煮          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | ミートボール          | ●     | ● | ● | ●  |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  | ●   |    |       |    |      |     |      |   |   |   |
|    | 切干大根            |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | ほうれん草の味噌汁       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |   |   |   |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | ドリンクコーナー        |       | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      | ● |   |   |
| 昼食 | 鶏肉の竜田揚げ         | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    | ●   | ●  | ●     |    |      |     |      |   |   |   |
|    | 豚肉入り野菜炒め        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | かぼちゃの煮物         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 青菜のお浸し          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 醤油ラーメン          | ●     | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    | ●   | ●  |       |    |      |     |      |   |   |   |
|    | 黒糖ゼリー           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
| 夕食 | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    | ●   |    |       |    |      |     |      |   | ● |   |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    | ●   |    |       |    |      |     |      |   |   |   |
|    | 味噌チャブチエ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     | ●  |       |    |      |     |      |   |   |   |
|    | 一口とんかつ          | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     | ●  |       |    |      |     |      |   |   |   |
|    | こんにゃくの甘辛炒め      |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    |      |     |      |   |   |   |
|    | 豆のイタリアンサラダ      |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    |      |     |      |   |   |   |
|    | 大根の味噌汁          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    |      |     |      |   |   |   |
|    | カレー             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    | ●    |     |      |   |   |   |
|    | ミニたい焼き          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    | ●    |     |      |   |   |   |
| 共通 | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   |   |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    | ●     |    |      |     |      |   |   |   |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |   |   | ● |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。

・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 2月メニューアレルゲン表

国立岩手山青少年交流の家



| 2月 | (5・11・17・23)    | 特定原材料 |   |   |    |     |    |    |     |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|
| 分類 | NO.5            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび         | いか | いくら | オレンジ | ナシッシュツー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいち | りんご | ゼラチン |
| 朝食 | スクランブルエッグ       | ●     | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  | ●  |    |     |    |       |    |      |     |      |
|    | さばの塩焼き          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |
|    | ポイルウィンナー        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |
|    | きんひら            |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | わかめの味噌汁         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ドリンクコーナー        |       | ● | ● |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |
| 昼食 | れんこん肉詰めフライ      | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | キャベツのペペロンソテー    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |
|    | 大根のそぼろあん        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | もやしの香味和え        |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | たぬきうどん          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | パン＆みかん缶         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
| 夕食 | 野菜とピーフンの中華炒め    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ささみしそ巻きフライ      | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |
|    | 白菜のうま煮          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  | ●  |    | ●   |    |       |    |      |     |      |
|    | ごぼうのイタリアンサラダ    |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |
|    | せんべい汁           | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  | ●  |    |     |    |       |    |      |     |      |
|    | カレー             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  | ●  |    |     |    |       |    |      |     |      |
|    | ヨーグルト（アロエ）      |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     | ●    |
|    | ごはん             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |
|    | のかり             |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 牛乳              |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    | ●  |    |    |    |     |    |       |    |      |     |      |
|    | ドリンクコーナー        |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |
| 共通 | 卓上しょうゆ          | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  | ●  | ●  |     |    |       |    |      | ●   | ●    |
|    | フレンチ白ドレッシング（小袋） |       | ● |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    | ●  |    |    |     |    |       |    |      | ●   | ●    |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |       |    |      |     |      |

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# 2月メニューアレルゲン表

国立岩手山青少年交流の家

| 2月 | (6・12・18・24)    | 特定原材料 |   |   |    |     |    |    |     |       |     | 特定原材料に準ずる品目 |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|---|--|
| 分類 | NO.6            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか          | いくら | オレンジ | カシュー | フルーツ | 牛肉 | こま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マナカツダツミア | もも | やまいち | りんご | ゼラチン |   |  |
| 朝食 | 厚焼き玉子           | ●     | ● |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |   |  |
|    | ホキの塩焼き          |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 蒸し焼壳            | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    | ●  | ●  | ●   |    |          |    |      |     |      |   |  |
|    | ひじき煮            |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ごぼうの味噌汁         |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ごはん             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 納豆              | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 食パン             | ●     | ● |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | いちごジャム          |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ケチャップ           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    | ●  |    |    |    |    |     |    |          |    |      |     |      | ● |  |
| 昼食 | 栗かぼちゃコロッケ       | ●     | ● | ● |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ツナと野菜の炒め        |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 塩肉じゃが           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 青菜のお浸し          |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 塩ラーメン           | ●     | ● |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 黒糖ゼリー           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ごはん             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
| 夕食 | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    | ●  |    |    |    |    |     |    |          |    |      |     |      | ● |  |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    |    | ●  |    |    |    |     |    |          |    |      |     |      | ● |  |
|    | ナポリタンパスタ        | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | イワシ青のりフライ       | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ジャーマンポテト        |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 花野菜のイタリアンサラダ    |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 玉葱の味噌汁          |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | カレー             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ゼリー(ふどう&りんご)    |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
| 共通 | ごはん             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 海苔佃煮            | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ゆかり             |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | さくら漬け           |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 千切りキャベツ         |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 牛乳              |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    | ●  |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | ドリンクコーナー        |       |   | ● |    |     |    |    |     |       |     |             |     |      |      |      |    |    | ●  |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 卓上しょうゆ          | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |
|    | 青じそドレッシング(小袋)   | ●     |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    | ●  | ●  | ●   |    |          |    |      |     |      |   |  |
|    | フレンチ白ドレッシング(小袋) |       | ● |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    | ●  | ●  |     |    |          |    |      |     |      |   |  |
|    | 中濃ソース(小袋)       |       |   |   |    |     |    |    |     |       |     |             |     |      |      |      |    |    |    |    |    |    |     |    |          |    |      |     |      |   |  |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。  
 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。