

5月メニューアレルギー表

国立岩手山青少年交流の家



| 5月 | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン | |
| 朝食 | 厚焼き玉子 | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 白身魚の塩焼き | | | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | 切干大根のソース炒め | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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 | コーンフライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 筍と菜の花の煮物 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 青菜のお浸し | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 塩ラーメン | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 抹茶ゼリー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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 | 塩焼きそば | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ジャーマンポテトウインナー入り | ● | | | | | | | | | | | | | | | | ● | | | ● | | | ● | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 玉葱の味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | カレー | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | いちごゼリー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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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5月メニューアレルギー表

国立岩手山青少年交流の家



| 5月 | NO.2 | 特定原材料 | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|----------|------------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|
| | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン | |
| 朝食 | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | さつま揚げ煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ミートボール | | ● | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| | さつま芋のレモン煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ドリンクコーナー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 夕食 | チャプチェ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ささみそ巻きフライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 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 | ● | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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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5月メニューアレルギー表

国立岩手山青少年交流の家



| 5月 | NO.3 | 特定原材料 | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|----------|------------------|-------|---|---|----|-----|----|----|-----|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|
| | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 卵の花 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| ドリンクコーナー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | ● | | |
| 昼食 | フライドチキン | ● | ● | ● | | | | | | | | | | ● | | | | | | | ● | | | | | | | ● | |
| | 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 | ● | ● | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | 抹茶ゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| ドリンクコーナー | | | | | | | | | | | | | | | | | | | | | | ● | | | | ● | | | |
| 夕食 | 野菜とビーフンのカレー風味炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏肉の黒酢あんかけ | ● | ● | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | もやしのそぼろ炒め | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | |
| | 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 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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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5月メニューアレルギー表

国立岩手山青少年交流の家



| 5月 | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン | | | |
| 朝食 | スクランブルエッグ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 白身魚の塩焼き | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | |
| | 切干大根のソース炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクコーナー | | | | ● | | | | | | | | | | ● | | | | | | | | ● | | | | | | | ● | | | |
| 昼食 | コーンフライ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 筍と菜の花の煮物 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | もやしの香味和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩だしうどん | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パイン&みかん缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクコーナー | | | | ● | | | | | | | | | | ● | | | | | | | | ● | | | | | | | ● | | | |
| 夕食 | 塩焼きそば | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ジャーマンポテトウインナー入り | ● | | | | | | | | | | | | | | | ● | | | | | ● | | ● | | | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | 玉葱の味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | カレー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 蒟蒻ぶどうゼリー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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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5月メニューアレルギー表



| 5月 | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン | | |
| 朝食 | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | さつま揚げ煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ミートボール | | ● | ● | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | さつま芋のレモン煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青菜のお浸し | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 醤油ラーメン | ● | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | 抹茶ゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 | 味噌チャブチェ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ささみそ巻きフライ | ● | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | 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 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 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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5月メニューアレルギー表

国立岩手山青少年交流の家



| 5月 | | 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 | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | 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 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | 卵の花 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクコーナー | | | | ● | | | | | | | | | | ● | | | | | | | | ● | | | | | | | ● | | |
| 昼食 | フライドチキン | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | キャベツのベベロンソテー | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | 大根のそぼろあん | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | もやしの香味和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ためきうどん | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | パイン&みかん缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
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| | さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドリンクコーナー | | | | ● | | | | | | | | | | ● | | | | | | | | ● | | | | | | | ● | |
| 夕食 | 野菜とビーフンの中華炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏肉の黒酢あんかけ | ● | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | もやしのそぼろ炒め | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | 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 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ゆかり | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さくら漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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、店頭のアレルギー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書か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。