

アレルギー確認献立表(中)

★…別紙

みよし市立学校給食センター

出力日:2026/4/21

| 5/1 (金) | | | | アレルギー | | | | 5/7 (木) | | | | アレルギー | | | | 5/8 (金) | | | | アレルギー | | | | 5/11 (月) | | | | アレルギー | | | | 5/12 (火) | | | | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|------------|-------------|------|--------|-------|----|----------------|------|---------|--------|----|---------------------|-------|--------|----------|----|-----------------|----------|----------|----------|-------|----------|-------------|--------|----------|-------|-----|-------|-------|--|--|--|----------|---------|-------|--|-------|---------|-------|--|---|----------|----|--|---|-----------|----|--|---|-----------|---|----------|---|----|---|--|---|----------|----------|--|---|----------|----|--|---|----------------|-------------|--|---|---------------|----------|--|---|------|--|----------|--|--|--|--|---|-------|----|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 1 | ご飯 | | | | | | | 1 | 玄米ご飯 | | | | | | | 1 | スライスパン | 小麦 乳 大豆 | | 1 | きしめん | 小麦 | | 1 | ご飯 | | | | | | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 新たまねぎのみそ汁 | | 大豆 | | | | | 3 | チキンカレー | | 豚肉 鶏肉 | | | | | 3 | 野菜の豆乳スープ | 豚肉 鶏肉 大豆 | | 3 | 鶏塩きしめんの汁 | ごま 鶏肉 小麦 大豆 | | 3 | けんちん汁 | | 小麦 大豆 | | | | | 4 | ぶりの竜田揚げ | 小麦 大豆 | | 4 | おからコロッケ | 小麦 大豆 | | 4 | スラッピージョー | 豚肉 | | 4 | ちくわのてん茶揚げ | 小麦 | | 4 | さけ中骨の銀紙焼き | | さけ 小麦 大豆 | | | | | 5 | たけのこご飯の具 | 小麦 大豆 鶏肉 | | 5 | ツナポテトサラダ | 大豆 | | 5 | 春キャベツとひよこ豆のサラダ | 鶏肉 ごま 小麦 大豆 | | 5 | もやしとほうれん草のサラダ | ごま 小麦 大豆 | | 5 | 鶏ちゃん | | 小麦 鶏肉 大豆 | | | | | 6 | かしわもち | 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【◎スマイル給食◎】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| No | 食品名 | 個数 | 純使用g | | No | 食品名 | 個数 | 純使用g | | No | 食品名 | 個数 | 純使用g | | No | 食品名 | 個数 | 純使用g | | No | 食品名 | 個数 | 純使用g | | No | 食品名 | 個数 | 純使用g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 白飯 | 1.00 | 224.00 | | 1 | 玄米ご飯 | 1.00 | 226.00 | | 1 | ○スライスパン | 1.00 | 123.00 | 小麦 乳 大豆 | 1 | ○きしめん | 1.00 | 250.00 | 小麦 | 1 | 白飯 | 1.00 | 224.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | ○牛乳 | 1.00 | 206.00 | 乳 | 2 | ○牛乳 | 1.00 | 206.00 | 乳 | 2 | ○牛乳 | 1.00 | 206.00 | 乳 | 2 | ○牛乳 | 1.00 | 206.00 | 乳 | 2 | ○牛乳 | 1.00 | 206.00 | 乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 【新たまねぎのみそ汁】 | | | | | 【チキンカレー】 | | | | | 【野菜の豆乳スープ】 | | | | | 【鶏塩きしめんの汁】 | | | | | 【けんちん汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 水 | | 90.00 | | 3 | おろしにんにく | | 0.60 | | 3 | サラダ油 | | 0.24 | | 3 | ○ごま油 | | 0.60 | ごま | 3 | 水 | | 0.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | かつおぶし | | 2.40 | | 4 | おろししょうが | | 1.20 | | 4 | おろしにんにく | | 0.12 | | 4 | おろしにんにく | | 0.36 | | 4 | かつおぶし | | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | たまねぎ | | 36.00 | | 5 | ○鶏肉 | | 48.00 | 鶏肉 | 5 | たまねぎ | | 42.00 | | 5 | おろししょうが | | 0.60 | | 5 | いりこ | | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | だいこん | | 24.00 | | 6 | 食塩 | | 0.12 | | 6 | にんじん | | 12.00 | | 6 | ○鶏肉 | | 36.00 | 鶏肉 | 6 | ごぼう | | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | ○生揚げ | | 36.00 | 大豆 | 7 | ガラムマサラ | | 0.04 | | 7 | 水 | | 0.00 | | 7 | にんじん | | 12.00 | | 7 | 干しいたけ | | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | ○麦みそ | | 6.00 | 大豆 | 8 | カレー粉 | | 0.02 | | 8 | ○無塩せきワインナー (3ミリットル) | | 8.40 | 豚肉 | 8 | だいこん | | 33.60 | | 8 | にんじん | | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | ○米みそ | | 4.80 | 大豆 | 9 | 赤ぶどう酒 | | 1.20 | | 9 | ○チキンコンソメ | | 2.16 | 鶏肉 豚肉 | 9 | 水 | | 0.00 | | 9 | だいこん | | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | 乾燥わかめ | | 0.36 | | 10 | たまねぎ | | 84.00 | | 10 | じゃがいも | | 36.00 | | 10 | いりこ | | 2.40 | | 10 | こんにゃく | | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | こまつな | | 8.40 | | 11 | にんじん | | 18.00 | | 11 | 米粉のホワイトルウ | | 6.00 | | 11 | 干しいたけ | | 0.60 | | 11 | ○油揚げ | | 7.20 | 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 【ぶりの竜田揚げ】 | | | | 12 | マッシュルーム | | 8.40 | | 12 | ○豆乳(無調整) | | 18.00 | 大豆 | 12 | 和風だし(顆粒) | | 1.20 | | 12 | 清酒 | | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | ★ぶりの竜田揚げ | 1.00 | 50.00 | 小麦 大豆 | 13 | ○チキンコンソメ | | 1.20 | 鶏肉 豚肉 | 13 | 食塩 | | 0.06 | | 13 | ○油揚げ | | 7.20 | 大豆 | 13 | ○濃口しょうゆ | | 6.36 | 小麦 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | 菜種白絞油 | | 5.00 | | 14 | 水 | | 0.00 | | 14 | こしょう | | 0.02 | | 14 | ○薄口しょうゆ | | 2.40 | 小麦 大豆 | 14 | ○豆腐 | | 36.00 | 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 【たけのこご飯の具】 | | | | 15 | トマト水煮 | | 18.00 | | 15 | パセリ | | 0.01 | | 15 | 食塩 | | 0.72 | | 15 | 食塩 | | 0.05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | ○濃口しょうゆ | | 4.80 | 小麦 大豆 | 16 | ウスターソース (1.8L) | | 3.60 | | 16 | 【スラッピージョー】 | | | | 16 | ねぎ | | 9.60 | | 16 | ねぎ | | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | ○薄口しょうゆ | | 3.00 | 小麦 大豆 | 17 | 柿ピューレ | | 4.80 | | 16 | ○豚挽肉 | | 36.00 | 豚肉 | 17 | でんぷん | | 1.20 | | 17 | 乾燥わかめ | | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | さとう(上白) | | 3.60 | | 18 | 米粉のカレールウ | | 15.60 | | 17 | たまねぎ | | 42.00 | | 18 | 【ちくわのてん茶揚げ】 | | | | 18 | 乾燥わかめ | | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | みりん | | 1.80 | | 19 | パセリ | | 0.60 | | 18 | にんじん | | 24.00 | | 19 | ちくわ | 3.00 | 60.00 | | 19 | サラダ油 | | 0.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | ○鶏肉 | | 12.00 | 鶏肉 | 20 | 【おからコロッケ】 | | | | 19 | さとう(上白) | | 1.20 | | 20 | ○小麦粉 | | 9.00 | 小麦 | 19 | サラダ油 | | 45.60 | 鶏肉 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19 | 清酒 | | 1.80 | | 20 | ○おからコロッケ | 1.00 | 60.00 | 小麦 大豆 | 20 | トマト水煮 | | 4.20 | | 21 | てん茶 | | 0.38 | | 20 | 食塩 | | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | たけのこ | | 18.00 | | 21 | 菜種白絞油 | | 6.00 | | 21 | トマトケチャップ (3kg) | | 7.20 | | 22 | 菜種白絞油 | | 6.00 | | 21 | こしょう | | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | ○高野豆腐(細切り) | | 3.00 | 大豆 | 22 | 【ツナポテトサラダ】 | | | | 22 | ウスターソース (1.8L) | | 4.20 | | 22 | 【もやしとほうれん草のサラダ】 | | | | 22 | おろししょうが | | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | にんじん | | 12.00 | | 22 | じゃがいも | | 48.00 | | 23 | 食塩 | | 0.04 | | 23 | にんじん | | 6.00 | | 23 | おろしにんにく | | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 【かしわもち】 | | | | 23 | きゅうり | | 18.00 | | 24 | でんぷん | | 2.40 | | 24 | もやし | | 39.60 | | 24 | たまねぎ | | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | ○かしわもち | 1.00 | 30.00 | 大豆 | 24 | ホールコーン | | 6.00 | | 25 | 【春キャベツとひよこ豆のサラダ】 | | | | 25 | ほうれんそう | | 14.40 | | 25 | キャベツ | | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 25 | まぐろオイル漬 | | 6.00 | | 25 | 春キャベツ | | 36.00 | | 26 | ○パンパンジードレッシング | | 6.00 | 小麦 大豆 ごま | 26 | ○麦みそ | | 2.40 | 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 26 | 食塩 | | 0.06 | | 26 | ひよこまめ | | 12.00 | | 27 | ○米みそ | | 2.40 | 大豆 | 27 | みりん | | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 27 | こしょう | | 0.02 | | 27 | ホールコーン | | 9.60 | | 28 | みりん | | 1.44 | | 28 | 濃口しょうゆ | | 0.48 | 小麦 大豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 28 | ○マヨネーズ風ドレッシング | | 7.20 | 大豆 | 28 | ○ささみオイル漬 | | 6.00 | 鶏肉 小麦 大豆 | 29 | 濃口しょうゆ | | 0.48 | | 29 | 清酒 | | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 29 | | | | | 29 | ○ごまクリーミードレッシング | | 7.20 | 大豆 ごま | 30 | 食塩 | | 0.02 | | 30 | 食塩 | | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

アレルギー確認献立表(中)

★…別紙

みよし市立学校給食センター

出力日:2026/4/21

| 5/27 (水) | | | | 5/28 (木) | | | | 5/29 (金) | | | |
|----------|-----------------------|----------|--------|----------|--------------------------|-------------|--------|----------|------------------------|-------|--------|
| | | | | アレルギー | | | | アレルギー | | | |
| 1 | ご飯 | | | 1 | ご飯 | | | 1 | ご飯 | | |
| 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | | 2 | 牛乳 | 乳 | |
| 3 | 鶏団子と野菜のつゆだく煮 | 小麦 大豆 鶏肉 | | 3 | 生揚げのオイスターソース煮込み | 豚肉 小麦 大豆 | | 3 | 豚汁 | 豚肉 大豆 | |
| 4 | さばの銀紙焼き | さば 大豆 | | 4 | コーンしゅうまい | 小麦 豚肉 大豆 | | 4 | 子持ちししゃものフリッター | 小麦 大豆 | |
| 5 | 五目納豆 | 小麦 大豆 | | 5 | 切り干し大根の中華サラダ | ごま 豚肉 小麦 大豆 | | 5 | 元気サラダ | 豚肉 | |
| | | | | | | | | | | | |
| No | 食品名 | 個数 | 純使用g | No | 食品名 | 個数 | 純使用g | No | 食品名 | 個数 | 純使用g |
| 1 | 白飯 | 1.00 | 224.00 | 1 | 白飯 | 1.00 | 224.00 | 1 | 白飯 | 1.00 | 224.00 |
| 2 | ○牛乳 | 1.00 | 206.00 | 2 | ○牛乳 | 1.00 | 206.00 | 2 | ○牛乳 | 1.00 | 206.00 |
| | 【鶏団子と野菜のつゆだく煮】 | | | | 【生揚げのオイスターソース煮込み】 | | | | 【豚汁】 | | |
| 3 | 水 | | 0.00 | 3 | サラダ油 | | 0.48 | 3 | 水 | | 0.00 |
| 4 | かつおぶし | | 2.40 | 4 | おろししょうが | | 1.20 | 4 | かつおぶし | | 2.40 |
| 5 | ○薄口しょうゆ | | 4.80 | 5 | ○豚肉 | | 24.00 | 5 | ○豚肉 | | 24.00 |
| 6 | 清酒 | | 1.80 | 6 | にんじん | | 14.40 | 6 | だいこん | | 18.00 |
| 7 | さとう(上白) | | 1.44 | 7 | 干しいたけ | | 1.20 | 7 | にんじん | | 9.60 |
| 8 | ○濃口しょうゆ | | 1.20 | 8 | たまねぎ | | 42.00 | 8 | ごぼう | | 6.00 |
| 9 | だいこん | | 36.00 | 9 | ○豚がらスープ | | 1.20 | 9 | ○油揚げ | | 6.00 |
| 10 | にんじん | | 14.40 | 10 | 水 | | 0.00 | 10 | ○豆腐 | | 30.00 |
| 11 | ○鶏肉団子 | | 25.00 | 11 | さとう(上白) | | 1.44 | 11 | ○豆みそ | | 9.60 |
| 12 | しめじ | | 9.60 | 12 | オイスターソース | | 1.20 | 12 | こまつな | | 7.20 |
| 13 | ○生揚げ | | 33.60 | 13 | ○濃口しょうゆ | | 7.92 | | 【子持ちししゃものフリッター】 | | |
| 14 | チンゲンサイ | | 18.00 | 14 | 清酒 | | 2.40 | 13 | ○子持ちししゃものフリッター | 2.00 | 50.00 |
| | 【さばの銀紙焼き】 | | | 15 | こしょう | | 0.02 | 14 | 菜種白絞油 | | 5.00 |
| 15 | ○さばの銀紙焼き | 1.00 | 60.00 | 16 | 食塩 | | 0.12 | | 【元気サラダ】 | | |
| | 【五目納豆】 | | | 17 | 赤パプリカ | | 4.80 | 15 | ○無塩せきボンレスハム | | 6.00 |
| 16 | にんじん | | 12.00 | 18 | ○生揚げ | | 60.00 | 16 | 糸切り昆布 | | 0.19 |
| 17 | ほうれんそう | | 14.40 | 19 | ねぎ | | 9.60 | 17 | にんじん | | 6.00 |
| 18 | ○糸引納豆 | | 36.00 | 20 | でんぶん | | 3.00 | 18 | キャベツ | | 30.00 |
| 19 | ○濃口しょうゆ | | 3.36 | | 【コーンしゅうまい】 | | | 19 | きゅうり | | 12.00 |
| 20 | さとう(上白) | | 0.48 | 21 | ○コーンしゅうまい | 2.00 | 60.00 | 20 | ホールコーン | | 6.00 |
| 21 | 花かつお | | 1.20 | | 【切り干し大根の中華サラダ】 | | | 21 | サラダ油 | | 2.88 |
| | | | | 22 | ○無塩せきボンレスハム | | 6.00 | 22 | 酢 | | 1.68 |
| | | | | 23 | 切り干し大根 | | 6.60 | 23 | さとう(上白) | | 0.12 |
| | | | | 24 | きゅうり | | 18.00 | 24 | 食塩 | | 0.24 |
| | | | | 25 | 酢 | | 2.64 | 25 | こしょう | | 0.02 |
| | | | | 26 | オイスターソース | | 2.16 | 26 | 花かつお | | 0.24 |
| | | | | 27 | さとう(上白) | | 1.20 | | | | |
| | | | | 28 | ○濃口しょうゆ | | 0.96 | | | | |
| | | | | 29 | ○ごま油 | | 1.08 | | | | |