# 献立表（アレルギー表示）

通常食 中学校

令和　8年　5月　1日（金）昼

| 献立名 | 若竹そうめん　牛乳　チキンカツ<br>小松菜のツナごまサラダ　柏餅 |
|---|---|

2026.04.23　　1頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1300149　若竹そうめん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 010390D　・パックそうめん | 200.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11221　にわとり　若鶏肉　もも皮付、生 | 24.00 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 16003　清酒　本醸造酒 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 13.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615102　たけのこ千切り | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013A　乾椎茸(スライス) | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0404001　カット油揚げ | 3.90 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 1702102　ハンディブロスあわせ | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1712050　創味の万能白だし | 5.76 | | ＊ | | | | | | | | | | | | | | | | ＊ | ＊ | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 2.16 | | ＊ | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 1701201　食塩 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09044　わかめ　カットわかめ | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3021133　チキンカツ（焼） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1123217　チキンカツ（焼き調理） | 40.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3071170　小松菜のツナごまサラダ(マヨ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0608703　国産小松菜（ＩＱＦ） | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06291　りょくとうもやし　生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 102641　ライトツナフレーク（油切不要） | 9.60 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 1712021　卵を使っていないマヨネーズ | 12.00 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 0501801　白いりごま | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | |
| 17007　こいくちしょうゆ | 0.24 | | ＊ | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |
| 4200046　柏餅（華桔梗、下沢） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1500804　柏餅（天然葉） | 30.00 | 1.00 個 | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　7日（木）昼

| 献 立 名 | ご飯　牛乳　キャベツのみそしる<br>豚そぼろ　しそひじき和え |
|---|---|

2026.04.23　　2頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050053　キャベツのみそしる（ﾄｳﾌ･ﾌ･人参） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1004516　かつおだしパック | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 30.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06061　キャベツ　結球葉、生 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0106603　やきふ | 1.80 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702002　素材力いりこだし | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾟｳﾀﾞｰ〔Fe・Ca〕 | 0.48 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 3.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3041160　豚そぼろ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11163　ぶた　ひき肉　生 | 53.40 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16003　清酒　本醸造酒 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04076　大豆ミート | 0.30 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 080130A　角切り干し椎茸 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 1.92 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 1.44 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3071180　ブロッコリーのしそひじき和え（青じそ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0626402　ブロッコリー（ミニフローレット | 43.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0903105　しそひじきFe（堂本食品） | 4.80 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703904　青じそドレッシング | 4.80 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | * | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　8日（金）昼

| 献 立 名 | 麦ご飯　牛乳　ハヤシライス<br>マセドアンサラダ |
|---|---|

2026.04.23　　3頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1120037　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100701　無圧ペン精麦(強化) | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1130065　ポークハヤシ（しめじ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1113003　豚肉（ﾓﾓ50%・ﾊﾞﾗ50%） | 36.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 16011　ぶどう酒　赤 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 120.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08016B　ぶなしめじ(ほぐし) | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17036　ケチャップ | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17002　中濃ソース　エクセレント | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |
| 17052　ハヤシルウ | 13.20 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1709203　ヘルシーファーム　エスパニョー | 7.20 | | * | | | * | | | | | | | | | | | | | | * | * | * | | | | * | | | | | | | | | |
| 13014　クリーム　乳脂肪 | 6.00 | | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003A　調理用牛乳 | 6.00 | | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06025　グリンピース　冷凍 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3071157　マセドアンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 020211　北海道チルドポテト | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0618001　ホールコーン缶 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1712021　卵を使っていないマヨネーズ | 9.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17015　穀物酢 | 0.60 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　こしょう　白、粉 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　11日（月）昼

| 献 立 名 | 鮭わかめごはん　牛乳　にらの味噌汁<br>肉団子　キャベツとチキンのサラダ |
|---|---|

2026.04.23　　4頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1120055　さけわかめごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2201310　紅鮭わかめ | 2.04 | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051293　にらの味噌汁（生揚げ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1004516　かつおだしパック | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04039　生揚げ | 30.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06291　りょくとうもやし　生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702002　素材力いりこだし | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾟｳﾐｰ〔Fe・Ca〕 | 0.48 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 3.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06207　にら　葉、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080018　肉団子 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 180151I　たれ付き彩り野菜肉団子 | 50.00 | 2.00 | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | |
| 3070178　・チキンサラダ（キャベツ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ　結球葉、生 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122921　ソフトチキン（水煮） | 14.40 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1704104　笑顔でランチドレッシング香り胡 | 7.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | |
| 17007　こいくちしょうゆ | 0.24 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　12日（火）昼

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

| 献 立 名 | ・米飯　牛乳　切り干し大根のスープ<br>たけのこしゅうまい　ホイコーロー |
|---|---|

2026.04.23　　5頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051292　切り干し大根の中華スープ（豆腐） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 30.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 06160　チンゲンサイ　葉、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0800401　洗浄きくらげ | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0613601　切干大根 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 3.60 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1709802　粉末NB塩ラーメンスープ（創味） | 1.20 | | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 1702813　NEW 中華スープストック | 0.60 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | | * | | | * | | | | | | |
| 0501801　白いりごま | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | |
| 17065　こしょう　混合、粉 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080036　たけのこしゅうまい | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1811029　彩りたけのこしゅうまい | 52.00 | 2.00 | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 3040036　ホイコーロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1400601　サラダ油 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1113003　豚肉（ﾓﾓ50%・ﾊﾞﾗ50%） | 30.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17004　トウバンジャン | 0.10 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 06061　キャベツ　結球葉、生 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06245　青ピーマン　果実、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 1.20 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704450　甜麺醤（ユウキ食品・落花生なし | 3.24 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | * | | | | | | |
| 171020B　美味中華　回鍋肉ソース（JFSA） | 0.36 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | * | | | | | | |
| 02034　じゃがいもでん粉 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　13日（水）昼

| 献 立 名 | ・米飯　牛乳　・おいらせ汁<br>豆腐ハンバーグ（和風あん）　春雨サラダ |
|---|---|

2026.04.23　　6頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050273　・おいらせ汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702101　昆布と鰹のだしパック | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10134A　鮭角切り | 18.00 | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | | |
| 112190A　鶏肉角切り（ﾑﾈ・ﾓﾓ） | 12.00 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 06214　にんじん　根、皮むき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06084　ごぼう　根、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02023　やまのいも　ながいも塊根、生 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | |
| 0200301　つきこんにゃく | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06134　だいこん　根、皮むき、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 24.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.20 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 2.40 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 4.80 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1702705　コンソメ（リケン） | 0.60 | | | | | | | | | | | | | | | | * | | | * | | | | | | | | | | | | | | | |
| 3021127　豆腐ハンバーグ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1801322　Ca強化とうふハンバーグ（卵&カ | 60.00 | 1.00 個 | * | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | | | | | | |
| 3150039　和風あん（具なし） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702102　ハンディブロスあわせ | 0.54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1712050　創味の万能白だし | 1.80 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.72 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16025　みりん　本みりん | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 0.42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 99999　水 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3071175　春雨と大根の中華サラダ(中華ごまドレ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02039A　緑豆はるさめ(カット) | 7.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11175　ぶた　ハム類　ボンレス | 4.80 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0613601　切干大根 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703922　中華ごまﾄﾞﾚｯｼﾝｸﾞ（ﾘｹﾝ） | 6.00 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | * | | | | | |
| 14002　ごま油 | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　14日（木）昼

| 献 立 名 | ・米飯　ジョア　ほたてのスープ<br>春巻き　たけのこと豚肉の炒め |
|---|---|

2026.04.23　　7頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4300001　ジョア（プレーン） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1302701　ジョアプレーン | 125.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051279　チンゲンサイとほたてのスープ（豆腐） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1031202　ベビーほたて | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 30.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06160　チンゲンサイ　葉、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013　しいたけ　乾しいたけ、乾 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 3.60 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1709802　粉末NB塩ラーメンスープ（創味） | 1.20 | | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | |
| 1702813　NEW 中華スープストック | 0.60 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | | * | | | * | | | | | |
| 0501801　白いりごま | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 17065　こしょう　混合、粉 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3061235　・春巻き | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1811009　皮がパリパリ春巻 | 50.00 | 1.00 個 | * | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | | | | | | |
| 1400601　サラダ油 | 5.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3041161　たけのこと豚肉の中華炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1400601　サラダ油 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1113003　豚肉（ﾓﾓ50%・ﾊﾞﾗ50%） | 33.60 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.60 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16025　みりん　本みりん | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615103　たけのこ短冊 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06247　赤ピーマン　果実、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703101　オイスターソース | 2.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.60 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 0.84 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06207　にら　葉、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　15日（金）昼

| 献 立 名 | ミートソース　牛乳　タルト<br>チキンピカタ　菜の花サラダ |
|---|---|

2026.04.23　　8頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1300140　ミートソース（トマト缶） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0106401　パックスパゲッティ | 200.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1108901　県産牛肉ミンチ | 14.40 | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | | | | |
| 1116301　県産豚肉ミンチ | 18.00 | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | |
| 16011　ぶどう酒　赤 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04076　大豆ミート | 6.00 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 06119　セロリー　葉柄、生 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 96.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08033A　マッシュルーム水煮 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0618402　トマトダイスカット缶 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17034　トマトピューレー | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17036　ケチャップ | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17002　中濃ソース　エクセレント | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | |
| 17064　こしょう　白、粉 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080040　チキンピカタ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 112250B　若鶏のピカタ | 50.00 | 1.00 個 | ＊ | | ＊ | ＊ | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | | ＊ | | | | | | | | |
| 3071182　菜の花と蒸し鶏サラダ（野菜ドレ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0620201　菜の花 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122921　ソフトチキン（水煮） | 9.60 | | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | |
| 06291　りょくとうもやし　生 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1704102　野菜いっぱいﾄﾞﾚｯｼﾝｸﾞ和風 | 8.40 | | ＊ | | | | | | | | | | | | | | | | | ＊ | ＊ | ＊ | | | | ＊ | | | | | | | | | |
| 0501801　白いりごま | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ＊ | | | | | |
| 4200036　もものタルト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1515383　お米de国産もものタルト | 35.00 | 1.00 個 | | | | | | | | | | | | | | | | | | ＊ | | | | ＊ | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　18日（月）昼

| 献 立 名 | ・米飯　牛乳　豆乳味噌汁（油揚げ）<br>いわし味噌煮　肉じゃが |
|---|---|

2026.04.23　　9頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051291　豆乳味噌汁（油揚げ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1004516　かつおだしパック | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 18.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06132　だいこん　根、皮つき、生 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702002　素材力いりこだし | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾞｳﾐｰ〔Fe・Ca〕 | 0.48 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 3.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 0608703　国産小松菜（ＩＱＦ） | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04052　豆乳 | 10.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3080039　いわし味噌煮（県産） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100479　ゆのまち津軽味噌使用いわし味噌 | 50.00 | 1.00 個 | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3010106　肉じゃが（しょうゆ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1113003　豚肉（ﾓﾓ50%・ﾊﾞﾗ50%） | 18.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 06214　にんじん　根、皮むき、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02005A　糸こんにゃく | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも　塊茎、生 | 48.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾞｳﾐｰ〔Fe・Ca〕 | 0.36 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.96 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 1.80 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16025　みりん　本みりん | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06025　グリンピース　冷凍 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　19日（ 火 ） 昼

| | |
|---|---|
| 献 立 名 | ・米飯　牛乳　春雨のスープ<br>ささみ梅フライ　おかか和え |

2026.04.23　　10頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051294　さけつみれと春雨のスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ　結球葉、生 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 18.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1014302　アルハ国産鮭ボールCa（玉ねぎ） | 24.00 | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 3.60 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1712050　創味の万能白だし | 2.76 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 1.44 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1702813　NEW 中華スープストック | 0.84 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | | * | | | * | | | | | | |
| 02039　はるさめ　緑豆はるさめ　乾 | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　ごま油 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 3061287　ささみ梅フライ（ソースなし） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 112271D　紀州産梅入りささみフライ（JFSA | 40.00 | 1.00 個 | * | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | | | | | | |
| 14008　なたね油 | 4.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3070094　・ほうれん草のおかか和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06269　ほうれんそう　葉、冷凍 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06291　りょくとうもやし　生 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10092　かつお　加工品　削り節 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 3.96 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　20日（水）昼

| 献 立 名 | ・米飯　牛乳　みそしる<br>山菜丼　ブロッコリーとささみのサラダ |
|---|---|

2026.04.23　　11頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050125　じゃがいものみそしる（ﾜｶﾒ・油揚げ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1004516　かつおだしパック | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも　塊茎、生 | 50.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702002　素材力いりこだし | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾟｳﾀﾞｰ〔Fe・Ca〕 | 0.48 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 3.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 0904401　カットわかめ | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0404001　カット油揚げ | 6.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 3041162　山菜丼 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　ごま油 | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 11163　ぶた　ひき肉　生 | 36.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 1700401　豆板醤 | 0.10 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0632801　みず水煮 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 0.72 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 2.16 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 0501801　白いりごま | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 17012　食塩 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17064　こしょう　白、粉 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3071177　ブロッコリーとささみのサラダ（青じそ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0626402　ブロッコリー（ミニフローレット | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1122921　ソフトチキン（水煮） | 12.00 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703904　青じそドレッシング | 6.00 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | * | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　21日（木）昼

| 献 立 名 | コッペパン　牛乳　コンソメスープ<br>チーズ風ハンバーグ　トマトペンネ |
|---|---|

2026.04.23　　12頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1210020　コッペパン（ロングライフ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0102902　L丸パン（青森県産小麦50%配合・ | | | * | | | * | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 0102903　Lコッペ（青森県産小麦50%配合・ | 90.00 | 1.00 個 | * | | | * | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051290　コンソメスープ（ベーコン） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1118305　ベーコン（山長） | 15.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 0622302　おろしにんにく | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16010　ぶどう酒　白 | 2.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06119　セロリー　葉柄、生 | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06061　キャベツ　結球葉、生 | 30.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0803301　マッシュルームスライス缶 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702705　コンソメ（リケン） | 1.50 | | | | | | | | | | | | | | | | * | | | * | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.72 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | | |
| 17064　こしょう　白、粉 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080037　チーズ風ソースハンバーグ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1801332　FMチーズ風ソースハンバーグ（ベ | 60.00 | 1.00 個 | | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | | | | | | | |
| 3041163　トマトペンネ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14008　なたね油 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11163　ぶた　ひき肉　生 | 18.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0618402　トマトダイスカット缶 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703401　トマトピューレ缶 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702705　コンソメ（リケン） | 0.48 | | | | | | | | | | | | | | | | * | | | * | | | | | | | | | | | | | | | | |
| 17012　食塩 | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17065　こしょう　混合、粉 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0106322　ペンネ　マカロニ | 9.60 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0626402　ブロッコリー（ミニフローレット | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　22日（金）昼

| 献 立 名 | 麦ご飯　牛乳　ポークカレー<br>フルーツポンチ |
|---|---|

2026.04.23　　13頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1120037　麦ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 90.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0100701　無圧ペン精麦(強化) | 10.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1130054　ポークカレー（NS・やさい） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1113002　県産豚肉角切り | 36.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16011　ぶどう酒　赤 | 3.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17061A　カレー粉（交易） | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 21.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 78.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02017　じゃがいも　塊茎、生 | 78.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0402403　県産大豆水煮 | 6.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1710801　ゴールデンチャツネ | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |
| 17036　ケチャップ | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1705106　バーモントカレーフレーク | 10.80 | | * | | | * | | | | | | | | | | | | | | * | | * | | | | * | | * | | | | | | | |
| 1705027　ＮＳカレーフレーク | 4.80 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17052　ハヤシルウ | 2.40 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1712036　やさいかれー | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003A　調理用牛乳 | 12.00 | | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4200039　りんごゼリーのフルーツポンチ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0703501　みかん缶 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0713802　黄桃ダイスカット缶 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | |
| 0715301　りんごダイス缶 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |
| 1509006　青森県産りんごカットゼリーKG | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |
| 1509003　カクテルゼリー | 24.00 | | | | | | | | | | | | | | | | | | | * | | | | * | | * | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　25日（月）昼

| 献 立 名 | ・米飯　牛乳　にらたまスープ<br>パオパオ　春雨炒め |
|---|---|

2026.04.23　　14頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050174　にらたまスープ（卵・ﾆﾗ・ｷｸﾗｹﾞ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　にんじん　根、皮むき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0800401　洗浄きくらげ | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 8.40 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1709802　粉末NB塩ラーメンスープ（創味） | 0.96 | | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | |
| 1702813　NEW 中華スープストック | 1.20 | | * | | | | | | | | | | | | | | | | | * | * | * | | | | | * | | | * | | | | | |
| 06207　にら　葉、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200401　冷凍全卵 | 24.00 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080012　パオパオ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1811032　鉄カルパオパオ | 50.00 | 2.00 | * | | | | | | | | | | | | | | | | | * | | * | | | | | | | | | | | | | |
| 3041154　春雨炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　ごま油 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 11163　ぶた　ひき肉　生 | 18.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17076　にんにく　おろし | 0.12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080130B　干し椎茸(スライス) | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 020390B　マロニー(5cmｶｯﾄ) | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615102　たけのこ千切り | 10.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06245　青ピーマン　果実、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 2.04 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1703101　オイスターソース | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0501801　白いりごま | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　26日（火）昼

| 献 立 名 | ・米飯　牛乳　・豆腐ともずくの味噌汁<br>あじフライ　筑前煮 |
|---|---|

2026.04.23　　15頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3050353　・豆腐ともずくの味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1004516　かつおだしパック | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06214　にんじん　根、皮むき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 48.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 090370A　冷凍沖縄産もずく（美ら海） | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702002　素材力いりこだし | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒パウミー〔Fe・Ca〕 | 0.48 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17046A　米みそ　手作り | 4.80 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 1704407　カルシウム強化味噌　白 | 3.60 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3060135　・あじフライ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1000317　骨なしあじフライ（トーニチ） | 50.00 | 1.00 | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 14005　大豆油 | 5.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17002　中濃ソース　エクセレント | 1.80 | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | |
| 3010163　筑前煮（２割減・白だしなし・絹さや） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　ごま油 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | |
| 11221A　にわとり　若鶏肉　もも皮付、生 | 19.20 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 06084　ごぼう　根、生 | 12.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0615104　たけのこ乱切り | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0631802　れんこん水煮（乱切） | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02004C　サイコロこんにゃく | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013　しいたけ　乾しいたけ、乾 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 0.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 2.40 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 0.72 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 16025　みりん　本みりん | 0.72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06011A　いんげん | 3.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　27日（ 水 ） 昼

| 献 立 名 | ・米飯　牛乳　クッパ　（汁）　棒ぎょうざ<br>もやしとかにかまのサラダ |
|---|---|

2026.04.23　　16頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051248　クッパ　（汁） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11221　にわとり　若鶏肉　もも皮付、生 | 24.00 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06132　だいこん　根、皮つき、生 | 24.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013　しいたけ　乾しいたけ、乾 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17024B　逸品中華がらスープ（チキン） | 7.20 | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | |
| 1709802　粉末NB塩ラーメンスープ（創味） | 1.44 | | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 9.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14002　ごま油 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |
| 17064　こしょう　白、粉 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 1.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1200401　冷凍全卵 | 24.00 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17012　食塩 | 0.18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3021132　棒ぎょうざ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1810998　棒餃子Fe強化（太平商事） | 40.00 | 1.00 個 | * | | | | | | | | | | | | | | | | | * | * | * | | | | | | | | | | | | | |
| 3071181　もやしとかにかまのサラダ(チョレギドレ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06291　りょくとうもやし　生 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06065　きゅうり　果実、生 | 9.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 103761　オーシャンキング（ほぐし身） | 8.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1703929　チョレギサラダドレッシングQP | 6.00 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | * | | | | | |
| 0501801　白いりごま | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　28日（木）昼

| 献 立 名 | ・米飯　牛乳　八杯汁<br>てりやきチキン　長芋のそぼろあん |
|---|---|

2026.04.23　　17頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1110004　・米飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0108301　学校給食用精米 | 100.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3051295　八杯汁（ねぎ椎茸） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1702101　昆布と鰹のだしパック | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 04032　木綿豆腐 | 66.00 | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08013　しいたけ　乾しいたけ、乾 | 2.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 6.00 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 3.60 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3080013　鶏の照焼（山長） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 112460　照り焼きチキン | 50.00 | 1.00 個 | * | | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | |
| 3010158　長芋のそぼろあん（きぬさや） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11163　ぶた　ひき肉　生 | 22.00 | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02023　やまのいも　ながいも塊根、生 | 42.00 | | | | | | | | | | | | | | | | | | | | | | | | * | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 20.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 03003　車糖　上白糖 | 0.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16001　清酒　上撰 | 1.30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾟｳﾀﾞｰ〔Fe・Ca〕 | 0.65 | | * | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.96 | | * | | | | | | | | | | | | | | | | | * | | | | | | | | | | | | | | | |
| 17030　めんつゆ　三倍濃厚 | 1.80 | | * | | | | | | | | | | | | | | | | * | * | | | | | | | | | | | | | | | |
| 06011A　いんげん | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 02034　じゃがいもでん粉 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

# 献 立 表 （ アレルギー表示 ）

令和　8年　5月　29日（金）昼

| 献 立 名 | あさりわかめうどん　牛乳<br>枝豆コーンフリッター　ツナサラダ |
|---|---|

2026.04.23　　18頁

| 料理・食品名 | 正味重量 g | 単体使用 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ゴマ | アーモンド | | | | | 備考 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1300151　あさりわかめうどん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0103902　パックうどん | 200.00 | 1.00 個 | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 102830B　おいしいあさり（ＳＮ・Ｇ） | 18.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17069　しょうが　おろし | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 14.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06153　たまねぎ　りん茎、生 | 27.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 080130B　干し椎茸(スライス) | 1.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 0404001　カット油揚げ | 6.00 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1702102　ハンディブロスあわせ | 7.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 170280A　顆粒ﾊﾟｳﾀﾞｰ〔Fe・Ca〕 | 0.72 | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1712050　創味の万能白だし | 7.80 | | ＊ | | | | | | | | | | | | | | | | ＊ | ＊ | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 1.80 | | ＊ | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 09044　わかめ　カットわかめ | 0.36 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06226　根深ねぎ　葉、軟白、生 | 12.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2100001　牛乳 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13003　普通牛乳 | 206.00 | 1.00 本 | | | | ＊ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3021135　枝豆コーンフリッター | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1811037　枝豆とコーンのフリッター（国産 | 40.00 | 2.00 | ＊ | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 3070013　ほうれん草のツナサラダ(ツナマヨ) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06269　ほうれんそう　葉、冷凍 | 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06212　にんじん　根、皮つき、生 | 6.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 06180　スイートコーン　缶詰　ホール | 4.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 102641　ライトツナフレーク（油切不要） | 7.20 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 1712021　卵を使っていないマヨネーズ | 10.80 | | | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |
| 17007　こいくちしょうゆ | 0.24 | | ＊ | | | | | | | | | | | | | | | | | ＊ | | | | | | | | | | | | | | | |