（様式１）

# 献立表・アレルゲン表示（R8　10月～12月分）

| | 献立名 | 材料名 | | cal | 卵 | 乳 | 小麦 | エビ | カニ | そば | ピーナッツ | ゴマ | アワビ | イカ | イクラ | オレンジ | キウイ | モモ | バナナ | リンゴ | 牛肉 | クルミ | カシューナッツ | アーモンド | サケ | サバ | 大豆 | 鶏肉 | 豚肉 | 松茸 | 山芋 | ゼラチン |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 月 朝食 | パン | バターロール | *1 | | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | いちごジャム | | *2 | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | スライスハム | | *3 | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | ○ | | | |
| | チキントマトオムレツ | | *10 | | ○ | | | | | | | | | | | | | | | | | | | | | | ○ | ○ | | | | |
| | ボイル野菜 | スナックえんどう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 付け合わせ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フルーツ | バナナ | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | | |
| | コーンスープ | コーンスープ | *4 | | | ○ | ○ | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | コンソメ | *5 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | ○ | ○ | | | | |
| | お茶 | 麦 | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 月 昼食 | ハヤシライス | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉 | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ハヤシのルー | *35 | | | | ○ | | | | | | | | | | | | | | | | | | | | ○ | | ○ | | | |
| | 春雨サラダ | 春雨 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 胡瓜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ハム | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | ○ | | ○ | | | |
| | | マヨネーズ | *6 | | ○ | | ○ | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | ボイル野菜 | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | デザート | フルーツポンチ | | | | ○ | | | | | | | | | | | | ○ | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 月 夕食 | ごはん | 米 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | イカリング | | *12 | | ○ | | ○ | | | | | | | ○ | | | | | | | | | | | | | ○ | | | | | |
| | 付け合わせ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 煮びたし | なす | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 青ネギ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ポテトサラダ | ばれいしょ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミックスベジタブル | *21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | マヨネーズ | *6 | | ○ | | ○ | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | ボイル野菜 | 塩枝豆 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 味噌汁 | ごぼう | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 油揚げ | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | 葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 米味噌 | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | だしの素 | *9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フルーツ | グレープフルーツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | お茶 | 麦 | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 小計 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |