

藤沢市中学校給食 10月 アレルゲン詳細献立表

原料に含まれる場合は、「アレルゲン」欄に●、揚げ物は、揚げ物機を別の製造ラインでも使用しているため「揚げ物」欄に●をつけてあります。
 (また、油揚げ・生揚げ・さつま揚げを使用した場合にも、揚げ物調理と同様の記載をしました。)
 ☆牛乳は基本毎日提供しますが、この献立表には記載しておりません。
 ☆同一ライン(施設)製造(コンタミネーション)の食品の情報が必要な場合は、学校給食課(50-8247)へお問い合わせください。

| 日 | 曜日 | 献立名・料理名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|---------------------|-------|----|----|----|---|---|-----|-------|-----|----|-----|------|---------|----|-----|----|----|----|----|-----|----|------|----|------|-----|------|---------|----|
| | | | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | カシューナッツ | ごま |
| 3 | 月 | メルルーサの竜田揚げ | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | キャベツのナムル | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | ● | |
| | | 肉じゃが | | | ● | | | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | | 小松菜そぼろ | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | 吉野汁 | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 火 | 【大盛のみ】鶏肉の香草焼き | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | 天ぷら(鶏肉・あじ) | | | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | ● |
| | | 白菜とじゃこの煮びたし | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 豚肉とキャベツのしょうがみそ炒め | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | ● | |
| | | かぼちのサラダ | | | | | ● | | ● | | | | | | | | | | | | ● | | | | | | ● | | | |
| | | 沢煮わん | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | ● |
| 5 | 水 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】さばの照り焼き | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | カレーピラフのクリームソースかけ(具) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | クリームソース | | | ● | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | | キャベツとこまつなのソテー | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | | |
| | | フルーツあえ(パイン&りんご缶) | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 6 | 木 | カレーピラフ | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】チーズハンバーグ | | | | | | ● | | | | | | | | | | | | ● | ● | | ● | | | | | | | |
| | | 鶏肉の唐揚げ | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | ● |
| | | 野菜の辛子しょうゆあえ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | じゃがいものきんぴら | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | ● | |
| | | 大豆のカレー煮 | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| 7 | 金 | ビーフンスープ | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 八宝菜 | | | ● | | ● | | | | | | | | | | | | | ● | ● | | ● | | | | | | | |
| | | ささかまぼこの二色揚げ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| 12 | 水 | 黒ごまだんご | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | ● | | |
| | | みそ汁 | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ハンバーグトマトソース | | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| | | マカロニソテー | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | ホキの揚げ煮 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| | | 白菜ちりめん | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 13 | 木 | ふじさわコッペパン | | | ● | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | ブルーベリージャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の香味焼き | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | チキンチキンごぼう | | | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● |
| | | ツナポテト | | | | | ● | | | | | | | | | | | | | | ● | | | | | | ● | | | |
| | | キャベツとわかめのレモンしょうゆあえ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 14 | 金 | かきたま汁 | | | ● | | ● | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鮭の西京焼き | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | | |
| | | 湘南野菜のおかかあえ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 大学芋 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | ● | ● | |
| | | 蒸ししゅうまい | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | ● | | |
| 17 | 月 | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】あじフライ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| | | カツカレー(具) | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| | | カレー(ルー) | | | ● | | ● | | | | | | | | | | | | | | ● | ● | | | | | ● | | | |
| | | キャベツとコーンのソテー | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| 18 | 火 | みかん缶&寒天缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】タンダーチキン | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | さばのヤンニョムカンジャンかけ | | | ● | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| | | 【大盛のみ】豚肉のしょうが煮 | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | ● | ● | |

