# 藤沢市中学校給食　　4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●をつけています。
（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ています。）
※牛乳は基本毎日提供しますが、この献立表には記載していません。
※ソフトめんは、そばと共通の設備で製造されています。
※しょうゆの原料に含まれる小麦、大豆については●を表示していません。
※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 | くるみ | 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 | 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 | 揚げ物 |
| 14 | 月 | 鶏肉の唐揚げ | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | 神奈川県産キャベツのソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 肉じゃが（神奈川県産豚肉） | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | スタミナきゅうり（神奈川県産きゅうり） | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | 火 | 鰆のごまみそかけ | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | | 煮びたし | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| | | にんじんしりしり | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | | 鶏肉と大豆のうま煮 | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | | かきたま汁 | | | | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ミートボールの甘酢あん | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | ● |
| 16 | 水 | ハンバーグデミグラスソースかけ | | | | ● | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | | |
| | | 蒸しじゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜炒めソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | フルーツあえ（みかん缶＆りんご缶） | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | | ABCスープ | | | | ● | | | | | | | | | | | | | ● | | ● | | ● | | | | | | | | |
| | | サンドパン | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ハムカツ | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 17 | 木 | 鶏天・いか天 | | | | ● | | | | | | | ● | | | | | | | | ● | | | | | | | | | | ● |
| | | おかかあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | しらたきの炒めもの | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 切干大根の煮つけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| | | すまし汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】豚肉のしょうが煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 18 | 金 | チキンライス（具） | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ベイクドポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 小松菜とハムの炒めもの | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 豆と野菜のスープ | | | | ● | | | ● | | | | | | | | | | | ● | ● | | ● | | | | | | | | |
| | | （チキンライスのごはん） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ボイルウインナー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 21 | 月 | カミカミビビンバ（アーモンド入り） | | | | ● | | | | | ● | | | | | | | | | ● | | | ● | | | | | | | ● | |
| | | チャプチェ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 黒ごまだんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ひじきスープ | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 日 | 曜日 | 献立名・料理名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | えび | かに | くるみ | 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 | 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 | 揚げ物 |
| 22 | 火 | 鮭の塩焼き | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | もやしのポン酢あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 炒めビーフン | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 春巻 | | | | ● | | | | | | | | | | | | | | ● | | | ● | | | | | | | | ● |
| | | わかめと大根のスープ | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏天 | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 23 | 水 | カツカレー（具） | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | カレー（ルー） | | | | ● | | | ● | | | | | | | | | | | ● | ● | | ● | | | | ● | | | | |
| | | ツナポテト | | | | | | ● | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| | | キャベツとハムのソテー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】いかの香味焼き | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | |
| 24 | 木 | 筑前煮 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | 湘南しらすのかき揚げ | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| | | 大豆のカレー煮 | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | |
| | | 神奈川県産春キャベツのみそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ひじきふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】さばの干物 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 25 | 金 | そぼろごはん（具） | | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | にらともやしの辛子和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かぼちゃの塩バターあえ（アーモンド入り） | | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | | |
| | | 若竹汁 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】モウカサメの揚げ煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 28 | 月 | チキンチキンごぼう | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | ● |
| | | ひじきの洋風煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | キャベツとチンゲンサイの炒めもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】あじフライ | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 30 | 水 | 太刀魚のバーベキューソースかけ | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | ● |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ペンネミートソース | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | フルーツあえ（みかん缶＆黄桃缶） | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | | コーンスープ | | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の香草焼き | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |