

藤沢市中学校給食

5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。)
 ※2024年3月28日、食品表示基準の一部が改正され、食物アレルギー表示推奨品目に「マカダミアナッツ」が追加され、「まつたけ」が削除されました。それに伴い、本アレルゲン詳細献立表も品目を変更しております。
 ※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 | オレング | カシューナッツ | キウイフルーツ | 牛肉 | ごま | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | 揚げ物 | |
| 1 | 木 | ハヤシライス(具) | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | ハヤシライス(ルー) | | | | ● | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| | | 揚げじゃがいもとハムのソテー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| | | 小松菜とコーンの炒めもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】チーズハンバーグ | | | | | | | ● | | | | | | | | | | | | ● | ● | | ● | | | | | | | |
| 2 | 金 | 八宝菜 | | | | | | ● | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | | もやしのナムル | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 春巻 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| | | ビーフンスープ | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】マヒマヒの竜田揚げ | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 7 | 水 | 焼肉丼 | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | | | |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ひじきポテト | | | | | | | | ● | | | | | | | | | | | | ● | | | | | | | | | |
| | | にらたまスープ | | | | | | | | ● | | | | | | | | | | | | | ● | ● | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | 木 | さばの塩焼き | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | おかかあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かぼちゃのそぼろあんかけ | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | きゅうりの香りづけ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | | 豚汁 | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | 【大盛のみ】牛肉のしぐれ煮 | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 9 | 金 | ポイルウインナー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 野菜ソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | フライドポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| | | フルーツあえ(パイン缶&みかん缶) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミートソース | | | | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | ● | | |
| | | ソフトめん | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ほたてフライ | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 12 | 月 | 鮭の西京焼き | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | ● | |
| | | キャベツとわかめのごまあえ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | ● |
| | | 肉じゃが | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | ミートボールのケチャップあえ | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | ● |
| | | かきたま汁 | | | | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ハムカツ | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| 13 | 火 | 菜飯(ツァイファン:中華風おこわ) | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | |
| | | しらたきの炒めもの | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | | アーモンドフィッシュ | | | | | | | | | ● | | | | | | | | | | | ● | | | | | | | | | |
| | | 白菜スープ | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | | もち米入りごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の照り焼き | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 14 | 水 | ハンバーグトマトソース | | | | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | |
| | | バジルパスタ | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 小松菜とハムのソテー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | | キャロットラペ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | コーンライス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミニ揚げパン | | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | ● |
| | | 【大盛のみ】スパイシーシュリンプ | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 15 | 木 | ホキのピリ辛ソースかけ | | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 磯辺ポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 切干大根とひじきのごまあえ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 春雨スープ | | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】チンジャオロースー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |

