# 藤沢市中学校給食　　2024年6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おりません。
☆ソフトめんは、そばと共通の設備で製造されています。
☆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。

**★アレルギー表示変更について**
・昨年度まではしょうゆの原料に含まれる小麦、大豆についても●を表示しておりましたが、
**今年度より、しょうゆの原料に含まれる小麦、大豆については●を表示いたしません。**
（※しょうゆにつきましては、毎日給食に使用しております。）

| 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 | 揚げ物 |
| 3 | 月 | カミカミビビンバ（アーモンド入り） | | | ● | | | | | ● | | | | | | | | | | ● | | | ● | | | | | | | ● | |
| | | キャベツのナムル | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | フルーツあえ（黄桃缶＆りんご缶） | | | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | |
| | | わかめスープ | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | 火 | 鮭の塩焼き | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 野菜のおかかあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 揚げじゃがいものそぼろ煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| | | みたらし団子 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かきたま汁 | | | | | ● | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】いかの天ぷら | | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | ● |
| 5 | 水 | チキンチキンごぼう | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | ● |
| | | 野菜の磯香あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | しらたきの炒めもの | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】蒸ししゅうまい | | | ● | | | | | | | | | | | | | | | ● | | | ● | | | | | | | ● | |
| 6 | 木 | うずら卵と野菜の五目煮 | | | | | ● | | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | | ひじきポテト | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | | アーモンドフィッシュ | | | | | | | | ● | | | | | | | | | | | | | | | | | | | | ● | |
| | | 春雨スープ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 小松菜ふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】さばの塩焼き | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 7 | 金 | チキンカレー（具） | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | カレールウ | | | ● | | | ● | | | | | | | | | | | | ● | ● | | | | | | ● | | | | |
| | | キャベツとハムのソテー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | パイン缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】チーズハンバーグ | | | | | | ● | | | | | | | | | | | | ● | ● | | ● | | | | | | | | |
| 10 | 月 | 鶏肉の唐揚げ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | 野菜の辛子じょうゆあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | カレー肉じゃが | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | こんにゃくの土佐煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ひじきふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | 火 | 白糸鱈のみそマヨネーズ焼き | | | | | ● | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| | | もやしのポン酢あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏肉と大豆のうま煮 | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | | スタミナきゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | コーンスープ | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】豚肉のしょうが煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 12 | 水 | ハンバーグトマトソース | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | |
| | | バジルパスタ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | かぼちゃの塩バターあえ（アーモンド入り） | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | キャベツと小松菜の炒めもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ABCスープ | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | | 米粉ロールパン | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】フライドチキン | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 13 | 木 | ガパオライス（セルフ） | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | ツナポテト | | | | | ● | | | | | | | | | | | | | ● | | | | | | | ● | | | | |
| | | キャベツとわかめのレモンじょうゆあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 冷凍みかん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ほたての磯辺揚げ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |

| 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 | 揚げ物 |
| 14 | 金 | 太刀魚のバーベキューソースかけ | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | ● |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | えびと小松菜の塩炒め | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 油揚げ煮 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | ● |
| | | ビーフンスープ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の香味焼き | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 17 | 月 | さばのヤンニョムカンジャンかけ | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● | |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | チャプチェ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 揚げぎょうざ | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | ● | ● |
| | | わかめと大根のスープ | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の唐揚げ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 18 | 火 | ハヤシライス（具） | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | ハヤシライス（ルウ） | | | ● | | | ● | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | | キャベツとウィンナーのソテー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | フルーツあえ（パイン缶＆みかん缶） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】マヒマヒフライ（※メルルーサのフライから変更） | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 19 | 水 | 藤沢産夏野菜の酢豚 | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | ● | ● |
| | | 湘南しらすと藤沢産小松菜の炒めもの | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | じゃがいもとコーンのソテー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | にらたまスープ | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | 木 | 天ぷら(いか・桜えびのかき揚げ・ちくわの磯辺揚げ) | ● | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | ● |
| | | 野菜のごまあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | じゃがいものきんぴら | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | カレーうどん | | | ● | | | | | | | | | | | | | | ● | ● | | | ● | | | | | | | | |
| | | ソフトめん | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏天 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 21 | 金 | 照り焼きチキン | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 野菜炒め | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 大豆のカレー煮 | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | |
| | | りんご缶 | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | 月 | チキンライス（セルフ） | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | キャベツとコーンのソテー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | マッシュポテト | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 冷凍みかん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ボイルウィンナー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 25 | 火 | 鶏肉のはちみつしょうが焼き | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 蒸しじゃがいも | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 小松菜そぼろ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | にんじんしりしり | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 水 | ハンバーグ和風きのこソースかけ | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | |
| | | マカロニソテー | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | カレーポテト | | | | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 三色ソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | パンプキンスープ | | | ● | | | ● | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | | アプリコットジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 食パン | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】いかフライ | | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | ● |
| 27 | 木 | ホキのピリ辛ソースかけ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | しゃきしゃきそぼろ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ミートボールの甘酢あん | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | ● |
| | | 沢煮わん | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】ハムカツ | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 28 | 金 | 神奈川県産豚肉のしょうが煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 五目野菜炒め（神奈川県産野菜使用） | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 神奈川県産きゅうりの香りづけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | けんちん汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】あじフライ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |