# アレルギーメニュー・対応指示表(C)

クラス名　　園児名

※使用のない食材のアレルギー品目は表記されません。

2021年12月　　認定こども園あすなろ幼稚園 幼児食(3歳4歳5歳)

| 日付 | 献立名 | 食材(材料)名 | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さけ | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | バナナ | ゼラチン | 貝類 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (水) | すき煮 | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 豆腐 | | | | | | | | | | | ○ | | | | | | | |
| | 水菜ともやしのサラダ | ごまﾄﾞﾚｯｼﾝｸﾞ | | ○ | | ○ | | | | | | | ○ | ○ | ○ | | | | | |
| | 味噌汁(大根・ねぎ) | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | クッキー(レーズン) | ﾎｯﾄｹｰｷﾐｯｸｽ | | | | ○ | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 2日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (木) | さばの塩焼き | さば | | | | | | | | | ○ | | | | | | | | | |
| | れんこんと豚肉の味噌炒め | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | 野菜味噌汁 | 油揚げ | | | | | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | りんごケーキ | 小麦粉 | | | | ○ | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | | ﾊﾞﾀｰ | | | ○ | | | | | | | | | | | | | | | |
| | | りんご | | | | | | | | | | | | | ○ | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 3日 | 麻婆飯 | 豆腐 | | | | | | | | | | | ○ | | | | | | | |
| (金) | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 中華だし | | | | | ○ | ○ | ○ | | | | ○ | | | | | | ○ | |
| | | ごま油 | | | | | | | | | | | | ○ | | | | | | |
| | 鶏肉の唐揚げ | 鶏肉 | | | | | ○ | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | 彩りサラダ | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | もものﾖｰｸﾞﾙﾄがけ | 黄桃 | | | | | | | | | | | | | | | ○ | | | |
| | | ﾖｰｸﾞﾙﾄ | | | ○ | | | | | | | | | | | | | | | |
| | | ｺｰﾝﾌﾚｰｸ | | | | | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 6日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (月) | 豚肉の生姜炒め | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | 白菜のサラダ | ごまﾄﾞﾚｯｼﾝｸﾞ | | ○ | | ○ | | | | | | | ○ | ○ | ○ | | | | | |
| | きのことわかめの味噌汁 | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | りんご | りんご | | | | | | | | | | | | | ○ | | | | | |
| | 焼きドーナツ | ﾄﾞｰﾅﾂ | | ○ | ○ | ○ | | | | | | | ○ | | | | | | | |
| | どうぶつビスケット | どうぶつﾋﾞｽｹｯﾄ | | | ○ | ○ | | | | | | | | | | | | | | ○ |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 7日 | どさんこ味噌ラーメン | 中華めん | | | | ○ | | | | | | | | | | | | | | |
| (火) | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 醤油ﾗｰﾒﾝｽｰﾌﾟの素(除去不可) | | | | ○ | ○ | ○ | | | | | ○ | | | | | | ○ | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | | ﾊﾞﾀｰ | | | ○ | | | | | | | | | | | | | | | |
| | 蒸しシュウマイ | しゅうまい | | | ○ | ○ | ○ | ○ | | | | ○ | ○ | ○ | | | | | | ○ |
| | 季節の果物【みかん】 | | ○ | | | | | | | | | | | | | | | | | |
| | のり大豆おにぎり | 大豆ふりかけ | | | | ○ | | | | | | | ○ | ○ | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |

# アレルギーメニュー・対応指示表(C)

クラス名　　園児名

※使用のない食材のアレルギー品目は表記されません。

2021年12月　　認定こども園あすなろ幼稚園 幼児食(3歳4歳5歳)

| 日付 | 献立名 | 食材(材料)名 | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さけ | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | バナナ | ゼラチン | 貝類 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 8日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (水) | 鶏肉の照り焼き | 鶏肉 | | | | | ○ | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | カレービーンズ | 大豆(除去不可) | | | | | | | | | | | ○ | | | | | | | |
| | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 鶏肉(除去不可) | | | | | ○ | | | | | | | | | | | | | |
| | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | 野菜とツナのサラダ | ﾂﾅ | | | | | | | | | | ○ | ○ | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 酢 | | | | ○ | | | | | | | | | | | | | | |
| | ｺﾝｿﾒｽｰﾌﾟ(ﾍﾞｰｺﾝ・玉ねぎ) | ﾍﾞｰｺﾝ | | | | | | ○ | | | | | | | | | | | | |
| | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | ポンデケージョ | ﾁｰｽﾞ | | | ○ | | | | | | | | | | | | | | | |
| | | ﾎﾟｰｸｳｲﾝﾅｰ | | | | | | ○ | | | | | | | | | | | ○ | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 9日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (木) | 白身魚フライ | 白身魚ﾌﾗｲ | | | | ○ | | | | | | ○ | ○ | | | | | | | |
| | | ﾌﾞﾚﾝﾄﾞｿｰｽ | | | | | | | | | | | ○ | | ○ | | | | | |
| | キャベツ添え | めんつゆ | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | 人参しりしり | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 卵 | | ○ | | ○ | | | | | | ○ | ○ | | | | | | | |
| | | ごま油 | | | | | | | | | | | | ○ | | | | | | |
| | 豚汁 | 豚肉 | | | | | | ○ | | | | | | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | おぐらサンド | 食ﾊﾟﾝ | | | ○ | ○ | | | | | | | ○ | | | | | | | |
| | | ﾊﾞﾀｰ | | | ○ | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 10日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (金) | ハンバーグ(ｹﾁｬｯﾌﾟｿｰｽ) | ﾊﾝﾊﾞｰｸﾞ | | | | | ○ | ○ | ○ | | | | ○ | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | 青のりポテト | | ○ | | | | | | | | | | | | | | | | | |
| | チーズ入りサラダ | ﾁｰｽﾞ | | | ○ | | | | | | | | | | | | | | | |
| | | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | | 酢 | | | | ○ | | | | | | | | | | | | | | |
| | 白菜スープ | ﾍﾞｰｺﾝ | | | | | | ○ | | | | | | | | | | | | |
| | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | パンケーキ(ｹｰｷｼﾛｯﾌﾟ) | ﾎｯﾄｹｰｷﾐｯｸｽ | | | | ○ | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 13日 | 豚丼 | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| (月) | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | ほうれん草と白菜のサラダ | ごまﾄﾞﾚｯｼﾝｸﾞ | | ○ | | ○ | | | | | | | ○ | ○ | ○ | | | | | |
| | りんご | りんご | | | | | | | | | | | | | ○ | | | | | |
| | スイートポテト | ﾊﾞﾀｰ | | | ○ | | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 14日 | ケチャップライス | ﾎﾟｰｸｳｲﾝﾅｰ | | | | | | ○ | | | | | | | | | | | ○ | |
| (火) | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | お星さまハンバーグ(照焼ｿｰｽ) | ﾊﾝﾊﾞｰｸﾞ | | | | | ○ | ○ | | | | | ○ | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | ブロッコリー添え | めんつゆ | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | ポテトのチーズ焼き | ﾍﾞｰｺﾝ | | | | | | ○ | | | | | | | | | | | | |
| | | ﾁｰｽﾞ | | | ○ | | | | | | | | | | | | | | | |
| | ｺﾝｿﾒｽｰﾌﾟ(玉ねぎ・人参) | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | オレンジゼリー | ｵﾚﾝｼﾞｾﾞﾘｰ | | | | | | | | | | | | | | ○ | | | | |
| | お麩ラスク(きなこ) | 麩 | | | | ○ | | | | | | | | | | | | | | |
| | | ﾊﾞﾀｰ(除去不可) | | | ○ | | | | | | | | | | | | | | | |
| | | きな粉 | | | | | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |

# アレルギーメニュー・対応指示表(C)

クラス名　　園児名

※使用のない食材のアレルギー品目は表記されません。

2021年12月　　認定こども園あすなろ幼稚園 幼児食(3歳4歳5歳)

| 日付 | 献立名 | 食材(材料)名 | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さけ | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | バナナ | ゼラチン | 貝類 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 15日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (水) | プルコギ | 牛肉(除去不可) | | | | | | | ○ | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | もやしのナムル | めんつゆ | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | | ごま | | | | | | | | | | | | ○ | | | | | | |
| | | ごま油 | | | | | | | | | | | | ○ | | | | | | |
| | わかめスープ | 中華だし | | | | | ○ | ○ | ○ | | | | ○ | | | | | | ○ | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | バナナ | ﾊﾞﾅﾅ | | | | | | | | | | | | | | | | ○ | | |
| | お好み焼き | 小麦粉 | | | | ○ | | | | | | | | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 天かす | | | | ○ | | | | | | | | | | | | | | |
| | | お魚ふりかけ | | | | ○ | | | | | ○ | ○ | ○ | ○ | | | | | | |
| | | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 16日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (木) | 赤魚の煮付け | 赤魚 | | | | | | | | | | ○ | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | 高野豆腐と野菜の煮物 | 高野豆腐(除去不可) | | | | | | | | | | | ○ | | | | | | | |
| | | しょうゆ(うすくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 卵 | | ○ | | ○ | | | | | | ○ | ○ | | | | | | | |
| | けんちん風味噌汁 | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | クッキー(ごま) | ﾎｯﾄｹｰｷﾐｯｸｽ | | | | ○ | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | | ごま | | | | | | | | | | | | ○ | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 17日 | カレーライス | 豚肉 | | | | | | ○ | | | | | | | | | | | | |
| (金) | 水菜と大根のサラダ | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 酢 | | | | ○ | | | | | | | | | | | | | | |
| | りんご | りんご | | | | | | | | | | | | | ○ | | | | | |
| | ぶどうゼリー | | ○ | | | | | | | | | | | | | | | | | |
| | どうぶつビスケット | どうぶつﾋﾞｽｹｯﾄ | | | ○ | ○ | | | | | | | | | | | | | | ○ |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 20日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (月) | 鶏肉の生姜焼き | 鶏肉 | | | | | ○ | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | ひじきの煮付け | 鶏肉(除去不可) | | | | | ○ | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | キャロットサラダ | ﾂﾅ | | | | | | | | | | ○ | ○ | | | | | | | |
| | | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | 味噌汁(油揚げ・白菜) | 油揚げ | | | | | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | フライドポテト | | ○ | | | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 21日 | 五目うどん | うどん | | | | ○ | | | | | | | | | | | | | | |
| (火) | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | かまぼこ | | | | ○ | | | | | | ○ | ○ | | | | | | | |
| | | めんつゆ(除去不可) | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | メンチカツ | ﾒﾝﾁｶﾂ | | ○ | ○ | ○ | ○ | ○ | ○ | | | | ○ | | | | | | | |
| | | ﾌﾞﾚﾝﾄﾞｿｰｽ | | | | | | | | | | | ○ | | ○ | | | | | |
| | キャベツのサラダ | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | 菜めしおにぎり | 菜飯の素 | | | | | | | | | | ○ | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |

# アレルギーメニュー・対応指示表(C)

クラス名　　園児名

※使用のない食材のアレルギー品目は表記されません。

2021年12月　　認定こども園あすなろ幼稚園 幼児食(3歳4歳5歳)

| 日付 | 献立名 | 食材(材料)名 | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さけ | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | バナナ | ゼラチン | 貝類 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 22日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (水) | 焼肉風炒め | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | パンプキンサラダ | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | 野菜ときのこの中華スープ | 中華だし | | | | | ○ | ○ | ○ | | | | ○ | | | | | | ○ | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | ごま油 | | | | | | | | | | | | ○ | | | | | | |
| | りんご | りんご | | | | | | | | | | | | | ○ | | | | | |
| | ﾊﾞﾅﾅのﾖｰｸﾞﾙﾄがけ | ﾊﾞﾅﾅ | | | | | | | | | | | | | | | | ○ | | |
| | | ﾖｰｸﾞﾙﾄ | | | ○ | | | | | | | | | | | | | | | |
| | | ｺｰﾝﾌﾚｰｸ | | | | | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 23日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (木) | さばの味噌かけ | さば | | | | | | | | | ○ | | | | | | | | | |
| | | 味噌 | | | | | | | | | | | ○ | | | | | | | |
| | 切干大根と厚揚げの煮物 | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 厚揚げ | | | | | | | | | | | ○ | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | 野菜のごま風味サラダ | ごまﾄﾞﾚｯｼﾝｸﾞ | | ○ | | ○ | | | | | | | ○ | ○ | ○ | | | | | |
| | すまし汁(麩・玉ねぎ) | 麩 | | | | ○ | | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | ジャムサンド(ﾌﾞﾙｰﾍﾞﾘｰ) | 食ﾊﾟﾝ | | | ○ | ○ | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 24日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (金) | 鶏肉の唐揚げ | 鶏肉 | | | | | ○ | | | | | | | | | | | | | |
| | | しょうゆ(こいくち) | | | | ○ | | | | | | | ○ | | | | | | | |
| | 大豆のチリコンカン | 大豆(除去不可) | | | | | | | | | | | ○ | | | | | | | |
| | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 鶏肉(除去不可) | | | | | ○ | | | | | | | | | | | | | |
| | | ﾄﾏﾄｿｰｽ | | | | | | | | | | | ○ | | | | | | | |
| | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | 野菜スープ | ﾍﾞｰｺﾝ | | | | | | ○ | | | | | | | | | | | | |
| | | ｺﾝｿﾒ | | | | | ○ | ○ | | | | ○ | | | | | | | | |
| | ココアパンケーキ(ﾎｲｯﾌﾟ添え) | ﾎｯﾄｹｰｷﾐｯｸｽ | | | | ○ | | | | | | | | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | | ﾎｲｯﾌﾟｸﾘｰﾑ | | | ○ | | | | | | | | ○ | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 27日 | ご飯 | | ○ | | | | | | | | | | | | | | | | | |
| (月) | 鮭のパン粉焼き | さけ | | | | | | | | ○ | | | | | | | | | | |
| | | ﾏﾖﾄﾞﾚ | | | | | | | | | | | ○ | | | | | | | |
| | | ﾊﾟﾝ粉 | | | | ○ | | | | | | | | | | | | | | |
| | カレーソーススパゲティ | ｽﾊﾟｹﾞｯﾃｨ | | | | ○ | | | | | | | | | | | | | | |
| | | 豚肉(除去不可) | | | | | | ○ | | | | | | | | | | | | |
| | | 鶏肉(除去不可) | | | | | ○ | | | | | | | | | | | | | |
| | 野菜味噌汁 | 油揚げ | | | | | | | | | | | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | | 味噌 | | | | | | | | | | ○ | ○ | | | | | | | |
| | わかめおにぎり | | ○ | | | | | | | | | | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |
| 28日 | ハヤシライス | 豚肉 | | | | | | ○ | | | | | | | | | | | | |
| (火) | | ハヤシルー | | | ○ | ○ | ○ | ○ | | | | | ○ | | | | | | | |
| | | ｽｷﾑﾐﾙｸ | | | ○ | | | | | | | | | | | | | | | |
| | ブロッコリーサラダ | めんつゆ | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | りんご | りんご | | | | | | | | | | | | | ○ | | | | | |
| | うどん | うどん | | | | ○ | | | | | | | | | | | | | | |
| | | めんつゆ(除去不可) | | | | ○ | | | | | ○ | ○ | ○ | | | | | | | |
| | | 鰹だし | | | | | | | | | | ○ | | | | | | | | |
| | 牛乳 | 牛乳 | | | ○ | | | | | | | | | | | | | | | |