Cコース

# 詳細献立表

2022年11月1日(火)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ししゃもフライ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ししゃもフライ(30g) | 30 | 0 | ▲ | ▲ | ▲ | ● | | ▲ | ▲ | | ▲ | ▲ | ▲ | ▲ | | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | | | ▲ | | ● | |
| ししゃもフライ(20g) | 0 | 40 | ▲ | ▲ | ▲ | ● | | ▲ | ▲ | | ▲ | ▲ | ▲ | ▲ | | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | | | ▲ | | ● | |
| 中濃ソース(ボトル) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【切干大根のサラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 切干大根 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| きゅうり | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(和風) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ごろっと野菜のみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 里芋(カット) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| みそ(けいわ) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 煮干しパック | 2 | 2.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 125 | 156 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【中>お魚ふりかけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ふりかけ(お魚) | 0 | 2.8 | ▲ | ▲ | ▲ | ● | | ▲ | ▲ | | ▲ | | ▲ | ● | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | ▲ | | | ● | | | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月2日(水)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【黒パン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黒パン(50g) | 50 | 0 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| 黒パン(70g) | 0 | 70 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【フランクフルトカレー風味ソースがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フランクフルト(40g) | 40 | 0 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| フランクフルト(50g) | 0 | 50 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| 中濃ソース | 1.5 | 1.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| トマトケチャップ | 6 | 7.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 1.2 | 1.44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレー粉 | 0.2 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 3.3 | 3.96 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ジャーマンポテト】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも(カット) | 50 | 62.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 玉ねぎ | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パセリ(乾) | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| ショルダーベーコン | 5 | 6.25 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.05 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 薄口醤油 | 0.8 | 1 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| コンソメ | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【アイントプフ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フランクフルト(カット) | 5 | 6.25 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| セロリ | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| レンズ豆(ドライ) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| コンソメ | 1.8 | 2.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| 水 | 117 | 146 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月4日(金)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【わらじカツ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とんかつ(40g) | 40 | 0 | ▲ | | ▲ | ● | | | ▲ | | | | | | | | | | | | | ● | | | ● | | | | | | ● | |
| とんかつ(50g) | 0 | 50 | ▲ | | ▲ | ● | | | ▲ | | | | | | | | | | | | | ● | | | ● | | | | | | ● | |
| 米油 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3.5 | 4.38 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 2.4 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【小松菜のごま和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 2.5 | 3.13 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(白・すり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 練りごま | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● | |
| 水 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 三温糖 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 1.4 | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【煮ぼうとう】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍ほうとう | 30 | 37.5 | | | ▲ | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 鶏肉もも小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼう(ささがき) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 長ねぎ | 17 | 21.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 95 | 119 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【久喜市産いちごのゼリー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 久喜市産いちごゼリー | 18 | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月7日(月)①

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ゼリーフライ(卵含む)】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍マッシュポテト | 24 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| おからパウダー | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 水 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 3.1 | 3.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 3.36 | 4.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 2.6 | 3.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍液卵 | 2.6 | 3.25 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 薄力粉 | 3.2 | 4 | | | ▲ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| パン粉(乾燥) | 0.25 | 0.31 | | | | ● | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | ● |
| 米油 | 0.44 | 0.55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.12 | 0.15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ウスターソース | 7.5 | 9.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中濃ソース | 7.5 | 9.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【しめじとねぎのごまじょうゆ炒め】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| カットしめじ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 長ねぎ | 40 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 本みりん | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 2.5 | 3.13 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(白・いり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 和風だし | 0.15 | 0.19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

≪次頁あり≫

Cコース

# 詳細献立表

2022年11月7日(月)②

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【呉汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 刻み大豆 | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 呉 | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 豆腐(冷凍・サイコロ) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 油揚げ(スライス) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| にんじん | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットかぼちゃ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(白) | 8.5 | 10.6 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 煮干しパック | 2 | 2.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 101 | 126 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月8日(火)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ハンバーグ照り焼きソースがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハンバーグ(50g) | 50 | 0 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | | | | ● |
| ハンバーグ(60g) | 0 | 60 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | | | | ● |
| 本みりん | 2.8 | 3.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 1.7 | 2.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 2.8 | 3.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| じゃがいも澱粉 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【さつま芋サラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまいも | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| むき枝豆(冷凍) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| きゅうり | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(コールスロー) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ごま風味のわかめスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カットわかめ(外国産) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| もやし | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐(冷凍・サイコロ) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| なると(冷凍) | 3 | 3.75 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 濃口醤油 | 2.5 | 3.13 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.22 | 0.28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま(白・いり) | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 128.5 | 161 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月9日(水)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【バターコッペ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| バターコッペ(50g) | 50 | 0 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| バターコッペ(70g) | 0 | 70 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【スパニッシュオムレツ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| スパニッシュオムレツ(40g) | 40 | 0 | ▲ | ▲ | ● | ▲ | | | ● | | | | | ▲ | | | | | ▲ | ▲ | ▲ | ▲ | | | ▲ | | | | ▲ | | ● | |
| スパニッシュオムレツ(50g) | 0 | 50 | ▲ | ▲ | ● | ▲ | | | ● | | | | | ▲ | | | | | ▲ | ▲ | ▲ | ▲ | | | ▲ | | | | ▲ | | ● | |
| トマトケチャップ(ボトル) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【きのこのアヒージョ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フランクフルト(カット) | 12 | 15 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 35 | 43.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マッシュルーム水煮スライス | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| エリンギ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットしめじ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| オリーブ油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【たっぷり野菜のコンソメスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| キャベツ | 23 | 28.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コンソメ | 3.5 | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白ワイン | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 124.6 | 156 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月10日(木)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【中華めん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中華めん(70g) | 70 | 0 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華めん(100g) | 0 | 100 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ねぎ塩まんじゅう】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ねぎ塩まんじゅう(25g) | 50 | 50 | ▲ | ▲ | ▲ | ● | | | ▲ | | ▲ | | | | | | | | | ▲ | ▲ | ● | ▲ | | ● | | | | ▲ | | ● | |
| 【ごぼうサラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼう(千切り・サラダ用) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホールコーン(冷凍) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ドレッシング(ごま) | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | ● | | | ● |
| 【うま辛マーボーラーメン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚ひき肉 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 大豆ミート | 1 | 1.25 | | | | ▲ | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 豆腐(冷凍・サイコロ) | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干椎茸 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(けいわ) | 9 | 11.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 中華スープの素 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| 濃口醤油 | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま油 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 上白糖 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆板醤 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| じゃがいも澱粉 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 146 | 183 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月11日(金)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【野菜ナゲット】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 野菜豆腐ナゲット(20g) | 40 | 40 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 【そぼろごはんの具】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏むねひき肉 | 25 | 31.3 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 大豆ミート | 2 | 2.5 | | | | ▲ | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 生ちくわ(冷凍) | 8 | 10 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カット高野豆腐(千切り) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 小松菜(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 2.5 | 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| しょうが | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【かぶと油揚げのみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かぶ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かぶ　葉 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐(冷凍・サイコロ) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| みそ(白) | 9 | 11.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 煮干しパック | 2 | 2.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 125 | 156 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月15日(火)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【鶏肉のマヨポン焼き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏もも肉切り身(50g) | 50 | 0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 鶏もも肉切り身(60g) | 0 | 60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ノンエッグマヨネーズ | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ぽん酢しょうゆ | 6.25 | 7.8 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| パセリ(乾) | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 【ひじきの五色炒め】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 芽ひじき | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| もやし | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 緑豆春雨 | 3.5 | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 冷凍さやいんげん(カット) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 1.4 | 1.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 中華スープの素 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【小松菜のみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜(冷凍) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| はくさい | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| みそ(けいわ) | 9 | 11.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 水 | 116 | 145 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月16日(水)①

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【こどもパン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こどもパン(50g) | 50 | 0 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| こどもパン(70g) | 0 | 70 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【白身魚のエスカベッシュ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かれい澱粉付き(40g) | 40 | 0 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ▲ | | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | |
| かれい澱粉付き(50g) | 0 | 50 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ▲ | | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | |
| 米油 | 4 | 4.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 玉ねぎ | 7 | 8.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 3 | 3.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オリーブ油 | 0.4 | 0.48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 酢 | 4 | 4.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| レモン果汁 | 1 | 1.2 | | | | | | | | | | | | | ▲ | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.2 | 0.24 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.02 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 1 | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ピカディージョ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フランクフルト(カット) | 5 | 6.25 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | | ▲ | | | | | | | ● |
| 豚ひき肉 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ピーマン | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| トマトケチャップ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コリアンダー | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| パプリカパウダー | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレー粉 | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

≪次頁あり≫

Cコース

# 詳細献立表

2022年11月16日(水)②

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【豚肉ととうもろこしのスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホールコーン(冷凍) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 玉ねぎ | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| セロリ | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パセリ(乾) | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 米油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| 水 | 120 | 150 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【中>ヨーグルト】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ヨーグルト(100g・森永) | 0 | 100 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月17日(木)

久喜市立学校給食センター

| 食品名 | 1人分小(g) | 1人分中(g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【中華めん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中華めん(70g) | 70 | 0 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華めん(100g) | 0 | 100 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【深谷ねぎ入りぎょうざ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 深谷ねぎぎょうざ(18g) | 36 | 0 | ▲ | | | ● | | | | | | | | | | | | | | | | ● | ▲ | | ● | | | | ● | | ● | |
| 深谷ねぎぎょうざ(25g) | 0 | 50 | ▲ | | | ● | | | | | | | | | | | | | | | | ● | ▲ | | ● | | | | ● | | ● | |
| 米油 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【小松菜のソテー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまあげ(冷凍) | 10 | 12.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ホールコーン(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| オイスターソース | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| じゃがいも澱粉 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.05 | 0.06 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ごまみそラーメン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 8 | 10 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 豚もも小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| しょうが | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(赤) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 濃口醤油 | 2 | 2.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 中華スープの素 | 1.1 | 1.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| ごま(白・すり) | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| ごま(白・いり) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 143 | 179 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月18日(金)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【さんまの生姜煮】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さんまの生姜煮(40g) | 40 | 0 | ▲ | ▲ | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | | | ▲ | | ● | |
| さんまの生姜煮(40g) | 0 | 40 | ▲ | ▲ | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | | | ▲ | | ● | |
| 【生揚げの炒め物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 8 | 10 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| しょうが | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット・サイコロ型) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| チンゲンサイ | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 28 | 35 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 1.5 | 1.88 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| オイスターソース | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| じゃがいも澱粉 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【しげただ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 白玉団子 | 25 | 31.3 | | | ▲ | ▲ | | | ▲ | | | | | | ▲ | | | | | | | | | | ▲ | | ▲ | | ▲ | | | ● |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干椎茸 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| はくさい | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 薄口醤油 | 6 | 7.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 水 | 118 | 148 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月21日(月)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【麦ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 麦ごはん | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【豆腐バーグ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐のハンバーグ(40g) | 40 | 0 | | | ▲ | ▲ | | | ▲ | | | | | | | | | | | | ● | ● | | | ● | | | | | | ● | |
| 豆腐のハンバーグ(50g) | 0 | 50 | | | ▲ | ▲ | | | ▲ | | | | | | | | | | | | ● | ● | | | ● | | | | | | ● | |
| 中濃ソース | 2.5 | 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| トマトケチャップ | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 1.7 | 2.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【かぶの和え物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かぶ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かぶ 葉 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 35 | 43.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(具だくさん玉ねぎ) | 5 | 6.25 | | | | ● | | | | | | | | | | | | | ● | | | | | | ● | | | | | | | ● |
| 【和風カレー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 28 | 35 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| じゃがいも | 35 | 43.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 0.8 | 1 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 和風だし | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレーフレーク(甘口) | 11 | 13.8 | | | | ● | | | ● | | | | | | | | ● | | ● | | | ● | | | ● | | | | | | | ● |
| カレーフレーク(Fe) | 10 | 12.5 | | | | ● | | | | | | | | | | | | | | | ● | | | | ● | | | | | | | ● |
| 米油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレー粉 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 61.3 | 76.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月22日(火)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【豆腐ステーキ甘みそだれ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐ステーキ(40g) | 40 | 0 | | | | ▲ | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 豆腐ステーキ(60g) | 0 | 60 | | | | ▲ | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| みそ(けいわ) | 4.4 | 5.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 1.32 | 1.65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 3.85 | 4.81 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 1.37 | 1.71 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| じゃがいも澱粉 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ごぼうとさつま揚げの炒め物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏むねひき肉 | 8 | 10 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまあげ(冷凍) | 12 | 15 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごぼう(千切り・金平用) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| むき枝豆(冷凍) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 米油 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 三温糖 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(白・いり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【具だくさんしょうゆ豚汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| はくさい | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 里芋(カット) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豚肩小間切れ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 大根 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 小松菜(冷凍) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 水 | 94 | 118 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月24日(木)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【地粉うどん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 地粉うどん(70g) | 70 | 0 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 地粉うどん(100g) | 0 | 100 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ちくわのもみじ揚げ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 焼ちくわ(1/4カット・冷凍) | 25 | 0 | ▲ | ▲ | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 焼ちくわ(1/6カット・冷凍) | 0 | 40 | ▲ | ▲ | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| パプリカパウダー | 0.15 | 0.19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 薄力粉 | 7 | 8.75 | | | ▲ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ほうれん草と大根のごま和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれんそう | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 練りごま | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● | |
| ごま(白・すり) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 薄口醤油 | 1 | 1.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 濃口醤油 | 0.8 | 1 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【きつねうどん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 豚肩小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 小松菜(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 味付油揚げ | 12 | 15 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |
| 玉ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 16 | 20 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 2.5 | 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 煮干しパック | 2 | 2.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 163 | 204 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月25日(金)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【肉じゃがコロッケ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉じゃがコロッケ(40g) | 40 | 0 | ▲ | ▲ | ▲ | ● | | | ▲ | | | | | | | | | | | ▲ | ▲ | ● | | | ● | | | | | | ● | |
| 肉じゃがコロッケ(60g) | 0 | 60 | ▲ | ▲ | ▲ | ● | | | ▲ | | | | | | | | | | | ▲ | ▲ | ● | | | ● | | | | | | ● | |
| 米油 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【キャベツとコーンの和え物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブロッコリー | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホールコーン(冷凍) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| キャベツ | 35 | 43.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(棒棒鶏) | 5 | 6.25 | | | | ● | | | | | | | | | | | | | ● | | | | | | ● | | | | ● | | | ● |
| 【豆腐とわかめのみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| カットわかめ(外国産) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆腐(冷凍・サイコロ) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| はくさい | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| みそ(けいわ) | 10.5 | 13.1 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 煮干しパック | 2 | 2.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 119 | 149 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【スティック納豆】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| スティック納豆 | 20 | 20 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月28日(月)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【さばのみそだれがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さば切り身(50g) | 50 | 0 | | | | ▲ | | | ▲ | | ▲ | | ▲ | ● | | | | | | | | | | | | | | | ▲ | | ● | |
| さば切り身(60g) | 0 | 60 | | | | ▲ | | | ▲ | | ▲ | | ▲ | ● | | | | | | | | | | | | | | | ▲ | | ● | |
| みそ(赤) | 3 | 3.6 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 三温糖 | 1.8 | 2.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 1 | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも澱粉 | 0.5 | 0.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【きんぴらごぼう】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまあげ(冷凍) | 10 | 12.5 | ▲ | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごぼう(千切り・金平用) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| こんにゃく(突きこんにゃく) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 三温糖 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(白・いり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【すまし汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豆腐(冷凍・サイコロ) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 小松菜 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干椎茸 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 薄口醤油 | 3.5 | 4.38 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 126.4 | 158 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月29日(火)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【地粉うどん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 地粉うどん(70g) | 70 | 0 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 地粉うどん(100g) | 0 | 100 | | | ▲ | ● | ▲ | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【大学かぼちゃ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットかぼちゃ | 65 | 81.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 7.5 | 9.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 3.3 | 4.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 2.2 | 2.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(黒・いり) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| じゃがいも澱粉 | 0.22 | 0.28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 11 | 13.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ほうれん草とじゃこの和え物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれんそう | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| はくさい | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ちりめんじゃこ | 3 | 3.75 | ▲ | ▲ | | | | | | | ▲ | | | ▲ | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 1.2 | 1.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 清酒 | 0.7 | 0.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| だしパック(鰹・鯖) | 0.5 | 0.63 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 水 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【きのこあんかけうどん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 20 | 25 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんじん | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットしめじ | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| なめこ | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 生揚げ(カット) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| しょうが | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 8.5 | 10.6 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| じゃがいも澱粉 | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 138 | 173 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

Cコース

# 詳細献立表

2022年11月30日(水)

久喜市立学校給食センター

| 食品名 | 1人分 小 (g) | 1人分 中 (g) | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | えび | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ツイストパン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ツイストパン(50g) | 50 | 0 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| ツイストパン(70g) | 0 | 70 | | | ▲ | ● | | | ● | | | | | | | | | | | | | | | | ● | | | | ▲ | | | ● |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ポテトグラタン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポテトグラタン(40g) | 40 | 0 | | | | | | | | | | | | | | | ▲ | ▲ | ▲ | | | | | | ● | | | | | | ● | |
| ポテトグラタン(60g) | 0 | 60 | | | | | | | | | | | | | | | ▲ | ▲ | ▲ | | | | | | ● | | | | | | ● | |
| 【ブロッコリーのサラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カリフラワー(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ブロッコリー | 22 | 27.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゆで大豆(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(イタリアン) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【パンプキンポタージュ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 8 | 10 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| かぼちゃペースト(地場産) | 20 | 26 | | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | ● | |
| カットかぼちゃ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 玉ねぎ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パセリ(乾) | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 調理用牛乳 | 25 | 31.3 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| スキムミルク | 2 | 2.5 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| ミルクカルシウム | 2 | 2.5 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |
| ロースト小麦 | 4 | 5 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 調理用バター | 4.5 | 5.63 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 68 | 85 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)