



| 日  | 曜日 | 献立名              | アレルギー表示 |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|----|----|------------------|---------|---|----|----|----|----|---|----|----|-----|-----|-----|------|------|-------|----|------|-----|---|
|    |    |                  | 卵       | 乳 | 豆乳 | かに | えび | さば | 鮭 | たこ | いか | しじみ | あさり | ほたて | さといも | ながいも | さつまいも | 魚卵 | ナッツ類 | まぐろ |   |
| 21 | 火  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ごはん              |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ごもくちゅうかスープ       | ●       |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | やさいぎょうざ          |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | なまあげのちゅうかいため     |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
| 22 | 水  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | さんさいうどん          |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | いかメンチカツ          |         |   |    |    |    |    |   |    | ●  |     |     |     |      |      |       |    |      |     |   |
|    |    | キャベツのいそべあえ       |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ゆきにんじんむしパン       | ●       |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
| 23 | 木  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ごはん              |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | まめとむぎのスープ        |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | チーズインハンバーグ       | ●       | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | やさいときのこのソテー      |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
| 24 | 金  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ごはん              |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | つみれじる            |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | あおじそいりとりつくね      |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | いりどうふ            |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
| 27 | 月  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ごはん              |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | わかたけじる           |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | さばみぞれに           |         |   |    |    |    |    |   |    |    | ●   |     |     |      |      |       |    |      |     |   |
|    |    | ながいもとりにくのあまからいため |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     | ● |
| 28 | 火  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ハヤシライス           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | カリフラワーのマリネ       |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | メロンゼリー           |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    |                  |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
| 30 | 木  | ぎゅうにゅう           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ぜんりゅうふんパン        | ●       | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | コーンスープ           |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | ソフトハンバーグ         |         | ● |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |
|    |    | アスパラソテー          |         |   |    |    |    |    |   |    |    |     |     |     |      |      |       |    |      |     |   |

◎本校で使用している「マヨネーズ・さつま揚げ・ちくわ・ハム・ベーコン」は卵不使用のものです。  
★都合により、献立・食材を変更させていただく場合があります。