

# 令和7年4月鎌倉市中学校給食

## [ アレルギー詳細献立表 ]

- ・献立に特定原材料、特定原材料に準ずるもの及びその他原因食品が含まれている場合は、欄に○が記載されています。
- ・給食はすべて共通の施設で調理しているため、コンタミネーションの可能性があることをご了承ください。なお、海産物(わかめ・しらす等)は、えび・かにが混入する可能性があります。
- ・献立名にある●は、揚げ物を示しています。揚げ物を提供する場合は、同一ラインで別製品を調理し、アレルギー物質が揚げ油に溶出、もしくは混入する可能性があります。
- ・加工品及び調味料等の配合内容を必要とされる方は、別紙「加工品等配合割合一覧表」をご覧ください。

|      |                   | 特定原材料  |   |    |    |     |    |    | 特定原材料に準ずるもの |       |     |    |     |      |         |         |    |    |    |    |    |    | その他の原因食品 |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|------|-------------------|--------|---|----|----|-----|----|----|-------------|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|----------|----|----------|----|------|-----|------|-----|------|-----|-----|----|----|----------|------|----|----|-----|------|----|-----|-------|-------|--|--|--|--|--|--|--|---|
| 日付   | 献立名               | 卵      | 乳 | えび | かに | くるみ | 小麦 | そば | 落花生         | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ      | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | 果物類 | マンゴー | プラム | メロン | たこ | 魚卵 | グレープフルーツ | さといも | 豆乳 | 納豆 | クラゲ | ナッツ類 | 魚類 | あさり | ほたてがい | かき（貝） |  |  |  |  |  |  |  |   |
| 4/15 | 火                 | ゆかりごはん |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 鶏肉の塩から揚げ ●        |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    | ○        |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | じゃがいものそぼろ煮        |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 春野菜の炒め物           |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          |    |          |    |      |     | ○    |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 大根のみそ汁            |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 牛乳                |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
| 4/16 | 水                 | ごはん    |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | すき焼き煮             |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    | ○        |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 竹輪の石垣揚げ ●         |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    | ○  |    |    |    |    |          |    | ○        |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ゆず香和え             |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      | ○   |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ほうれん草ときくらげのすまし汁   |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    |          |    |      |     |      |     | ○    |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 牛乳                |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
| 4/17 | 木                 | ごはん    |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 銀鮭の味噌マヨネーズがけ      | ○      | ○ |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    | ○  |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     | ○     |       |  |  |  |  |  |  |  |   |
|      | じゃがいもとウィンナーのカレー炒め |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    | ○        |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 三色ナムル             |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    | ○  |    |    |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | キャベツと豚肉のスープ       |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    | ○        | ○  |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ジョア プレーン          |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
| 4/18 | 金                 | ごはん    |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 豚肉とキャベツのスタミナ炒め    |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          |    | ○        |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  | ○ |
|      | いかのかりん揚げ ●        |        |   |    |    |     | ○  |    |             |       |     | ○  |     |      |         |         |    |    |    |    |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ニューサマーオレンジ        |        |   |    |    |     |    |    |             |       |     |    |     | ○    |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      | ○   |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 豆腐スープ             |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 牛乳                |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
| 4/21 | 月                 | ごはん    |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ソースとんかつ ●         | ○      |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          | ○  |          |    |      |     | ○    |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | ポイルキャベツ           |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 切干し大根のサラダ         |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          | ○  |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 揚げボールのてり煮         |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | さつま汁              |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 牛乳                |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
| 4/22 | 火                 | ごはん    |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 生揚げと豚肉のごまみそ煮      |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    | ○  |    |    |    | ○  |          | ○  |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 鶏ささみの磯辺揚げ ●       |        |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | フルーツ和え            |        |   |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          | ○  |      |     |      |     | ○    |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | にら玉スープ            | ○      |   |    |    |     | ○  |    |             |       |     |    |     |      |         |         |    |    |    |    |    | ○  | ○        |    | ○        |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |
|      | 牛乳                |        | ○ |    |    |     |    |    |             |       |     |    |     |      |         |         |    |    |    |    |    |    |          |    |          |    |      |     |      |     |      |     |     |    |    |          |      |    |    |     |      |    |     |       |       |  |  |  |  |  |  |  |   |

