# [ アレルギー対象食品使用献立一覧表 ]

2025年 5月 1日 ～ 2025年 5月30日
0:通常献立

東京都立八王子西特別支援学校 2025-04-24 印刷

| 日付 | | 献立名 | 卵 | 乳 | 落花生 | そば | えび | かに | いか | その他魚介貝類 | アーモンド | くるみ | キウイフルーツ | 桃 | メロン | サクランボ | 山芋・長芋 | 里芋 | りんご | 魚卵 | その他ナッツ類 | パイナップル | 豚肉 | マンゴー |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5/1 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚（さば）の韓国風ソース | | | | | | | | ○ | | | | | | | | | | | | | | |
| | | ゆで野菜（青梗菜） | | | | | | | | | | | | | | | | | | | | | | |
| | | 春雨入り野菜ソテー （ハム） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | ワカメの生姜汁 | | | | | | | | | | | | | | | | | | | | | | |
| 5/2 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 海苔の佃煮 | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏肉じゃが | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁（豆腐） | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：清見 | | | | | | | | | | | | | | | | | | | | | | |
| 5/7 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | スパゲティーミートソース（ﾁｰｽﾞ・豚肉） | | ○ | | | | | | | | | | | | | | | | | | | ○ | |
| | | 豆のサラダ | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜スープ（芋） | | | | | | | | | | | | | | | | | | | | | | |
| 5/8 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚(鮭)の塩麹焼き | | | | | | | | ○ | | | | | | | | | | | | | | |
| | | きゃべつと昆布の漬物 | | | | | | | | | | | | | | | | | | | | | | |
| | | にらじゃが（豚肉） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | 田舎汁 | | | | | | | | | | | | | | | | | | | | | | |
| 5/9 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | グリンピースご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 玉子の千草焼き | ○ | | | | | | | | | | | | | | | | | | | | | |
| | | ごま浸し（青菜・もやし）付合せ | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁（大根・ワカメ・しめじ） | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：カラマンダリン（柑橘類） | | | | | | | | | | | | | | | | | | | | | | |
| 5/12 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | 黒砂糖コッペパン | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | かぼちゃの豆乳チャウダー | | | | | | | | | | | | | | | | | | | | | | |
| | | ツナとキャベツのサラダ | | | | | | | | ○ | | | | | | | | | | | | | | |
| | | キャロットみかんゼリー | | | | | | | | | | | | | | | | | | | | | | |
| 5/13 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏肉のごま味噌焼き | | | | | | | | | | | | | | | | | | | | | | |
| | | 夏野菜ソテー（揚なす） | | | | | | | | | | | | | | | | | | | | | | |
| | | もやしの甘酢あえ | | | | | | | | | | | | | | | | | | | | | | |
| | | すまし汁（庄内麩） | | | | | | | | | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5/14 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 青椒肉絲(ｵｲｽﾀｰｿｰｽ抜き)（豚肉） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | トマトとワカメのスープ | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：パインアップル | | | | | | | | | | | | | | | | | | | | ○ | | |
| 5/15 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | カレーうどん(鶏肉) | | | | | | | | | | | | | | | | | | | | | | |
| | | フレンチポテトサラダ（ハム） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | みかんヨーグルト | | ○ | | | | | | | | | | | | | | | | | | | | |
| 5/16 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | ししゃもの緑茶揚げ | | | | | | | | ○ | | | | | | | | | | ○ | | | | |
| | | 野菜のレモン和え | | | | | | | | | | | | | | | | | | | | | | |
| | | 切干し大根煮つけ（油あげ） | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁　（青菜・ﾓﾔｼ） | | | | | | | | | | | | | | | | | | | | | | |
| 5/19 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉の生姜炒め | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | 野菜ソテー(芋) | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜の胡麻酢和え | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁（大根） | | | | | | | | | | | | | | | | | | | | | | |
| 5/20 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | 鶏ごぼうピラフ | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参サラダ | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜のミルクスープ | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：カラマンダリン（柑橘類） | | | | | | | | | | | | | | | | | | | | | | |
| 5/21 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 鮭のちゃんちゃん焼き | | | | | | | | ○ | | | | | | | | | | | | | | |
| | | 蒸し南瓜 | | | | | | | | | | | | | | | | | | | | | | |
| | | ひじきの炒り煮 | | | | | | | | | | | | | | | | | | | | | | |
| | | きのこ汁 | | | | | | | | | | | | | | | | | | | | | | |
| 5/22 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | 親子丼 | ○ | | | | | | | | | | | | | | | | | | | | | |
| | | 海苔和え（もやし・青菜） | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁：じゃが | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：清見 | | | | | | | | | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5/23 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉と青菜のあんかけ焼きそば | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | 中華風甘酢漬け | | | | | | | | | | | | | | | | | | | | | | |
| | | 厚揚げと野菜のスープ | | | | | | | | | | | | | | | | | | | | | | |
| 5/26 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | ハンバーグ（卵乳なし） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | コーンポテト | | | | | | | | | | | | | | | | | | | | | | |
| | | もやしのｶﾚｰ風味サラダ | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁(かぶ) | | | | | | | | | | | | | | | | | | | | | | |
| 5/27 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚の煮付け | | | | | | | | ○ | | | | | | | | | | | | | | |
| | | ゆで野菜（付合せ） | | | | | | | | | | | | | | | | | | | | | | |
| | | 田舎汁 | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：パインアップル | | | | | | | | | | | | | | | | | | | ○ | | | |
| 5/28 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | わかめとじゃこのご飯 | | | | | △ | △ | | ○ | | | | | | | | | | | | | | |
| | | 揚げじゃがのそぼろ煮（豚肉） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | ごま辛子和え | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁（豆腐） | | | | | | | | | | | | | | | | | | | | | | |
| 5/29 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | |
| | | 家常豆腐（豚肉と厚揚げの炒め物） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | 中華風卵スープ | ○ | | | | | | | | | | | | | | | | | | | | | |
| | | 豆乳ｾﾞﾘｰ 夏みかんｿｰｽ | | | | | | | | | | | | | | | | | | | | | | |
| 5/30 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | きなこ揚げパン | | ○ | | | | | | | | | | | | | | | | | | | | |
| | | ポトフ（鶏肉・ウィンナ） | | | | | | | | | | | | | | | | | | | | | ○ | |
| | | かぶのピクルス | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：メロン | | | | | | | | | | | | | ○ | | | | | | | | | |

○：アレルギー対象食品　　△：コンタミネーション（微量混入）