# [ アレルギー対象食品使用献立一覧表 ]

2026年 2月 2日 ～ 2026年 2月27日
0:通常献立

東京都立八王子西特別支援学校　2026-01-26 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 | すもも | 魚卵 | その他ナッツ類 | パイナップル | 豚肉 | マンゴー | いちご | 梨 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2/2 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 生揚げと野菜の煮もの | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 大豆とジャコの甘辛揚げ | | | | | △ | △ | | ○ | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/3 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 焼きうどん（豚肉・おかか入り） | | | | | | | | ○ | | | | | | | | | | | | | | ○ | | | |
| | | かぼちゃのサラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：りんご | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 2/4 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | いわしの蒲焼き | | | | | | | | ○ | | | | | | | | | | | | | | | | | |
| | | 浅漬け（キャベツ） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：はれひめ(柑橘類) | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/5 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚キムチ丼 | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | ナムル | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 中華コーンスープ（卵入り） | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/6 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ひじき入つくね焼き（卵無） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ポテトと野菜のソテー | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごま辛子和え | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/9 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 胚芽パン | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | チリコンカン（豚肉） | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | グリーンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ブルーベリーヨーグルト | | ○ | | | | | | | | | | | | | | | | | | | | | | | |

○：アレルギー対象食品　　△：コンタミネーション（微量混入）

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2/10 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚（ホッケ）の塩焼き（おろしだれ） | | | | | | | | ○ | | | | | | | | | | | | | | | | | |
| | | 梅じそ和え | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 高野豆腐と野菜と煮もの | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/12 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏ごぼうピラフ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ブロッコリーのサラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 水菜ともやしのスープ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 卵・乳類不使用ココアﾌﾞﾗｳﾆｰ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/13 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ひじきのふりかけ（おかか入り） | | | | | | | | ○ | | | | | | | | | | | | | | | | | |
| | | 肉じゃが | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：はるみ(柑橘類) | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/16 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 玉子焼き（あんかけ） | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 海苔和え（付け合わせ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | きんぴらごぼう | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/17 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏団子と大根のべっこう煮 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ごま和え（菜の花・ｷｬﾍﾞﾂ） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/18 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌ラーメン（コーン別だし）（豚肉） | | | | | | | | | | | | | | | | | | | | | | ○ | | | |
| | | 中華風甘酢漬け | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 青のりポテトビーンズ | | | | | | | | | | | | | | | | | | | | | | | | | |

○：アレルギー対象食品　　△：コンタミネーション（微量混入）

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2/19 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚の煮付け | | | | | | | | ○ | | | | | | | | | | | | | | | | | |
| | | ゆで野菜（煮魚付合せ） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚汁 | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | | くだもの：りんご | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 2/20 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | きなこ揚げパン | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ポトフ（鶏肉・ウィンナ） | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | | 大根サラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：せとか(柑橘類) | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/24 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉と野菜の中華炒め | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | | 春雨スープ（鶏肉） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豆乳ｾﾞﾘｰ パインｿｰｽ | | | | | | | | | | | | | | | | | | | | ○ | | | | | |
| 2/25 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | 五目鶏飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚の味噌マヨネーズ焼き（卵無し） | | | | | | | | ○ | | | | | | | | | | | | | | | | | |
| | | ごま浸し（青菜・白菜） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | すまし汁（豆腐） | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：デコポン（柑橘類） | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/26 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | カレーライス（豚肉・豆乳ﾊﾞﾀｰ） | | | | | | | | | | | | | | | | | | | | | ○ | | | | |
| | | ひよこ豆のサラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜スープ | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2/27 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏のからあげ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参サラダ | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 根菜の炒め煮 | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | |

○：アレルギー対象食品　　△：コンタミネーション（微量混入）