# [ アレルギー対象食品使用献立一覧表 ]

2026年 4月 7日 ～ 2026年 4月30日
0:通常献立

東京都立八王子西特別支援学校　2026-04-01 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 | バナナ | 山芋・長芋 | 里芋 | グレープフルーツ | りんご | まぐろ・ツナ | すもも | 魚卵 | その他ナッツ類 | ホタテ（小柱） | パイナップル | 豚肉 | マンゴー | いちご | 梨 | みかん・柚子オレンジ | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4/7 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉の生姜焼き | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | 野菜炒め（付合せ：ｷｬﾍﾞﾂ・ﾋﾟｰﾏﾝ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 酢の物（野菜） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁：じゃが | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4/8 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏団子と大根のべっこう煮 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁：豆腐えのき青菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：いちご | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 4/9 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | チキンライス（豆乳バター） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | グリーンサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜（かぶ）のクリームスープ | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | キャロットみかんゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 4/10 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | おさかなメンチ（あじ）（卵無し） | | | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ゆで野菜(のらぼう) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：清見オレンジ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 4/13 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | チキンカレーﾗｲｽ（豆乳ﾊﾞﾀｰ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 大根と青菜のサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜スープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4/14 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏肉のつくね焼き（卵無） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜ソテー(芋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 人参サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 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）

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2026年 4月 7日 ～ 2026年 4月30日
0:通常献立

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| 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 | バナナ | 山芋・長芋 | 里芋 | グレープフルーツ | りんご | まぐろ・ツナ | すもも | 魚卵 | その他ナッツ類 | ホタテ（小柱） | パイナップル | 豚肉 | マンゴー | いちご | 梨 | みかん・柚子オレンジ | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 4/15 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豚肉と青菜のあんかけ焼きそば | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | 中華風甘酢漬け | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 中華コーンスープ（卵無し） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 豆乳の杏仁豆腐（ｱｰﾓﾝﾄﾞ無） | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | ○ | | | | | | | | |
| 4/16 | 木 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚の味噌煮 | | | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ゆで野菜（付合せ） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 沢煮椀(豚肉入り) | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | くだもの：清見オレンジ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 4/17 | 金 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミルクパン | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ハムとチーズのオムレツ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | スパゲティーソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ブロッコリーのサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 水菜ともやしのスープ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4/20 | 月 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 鶏肉のガーリックソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | コーンポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜の胡麻酢和え | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁：豆腐・青菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4/21 | 火 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 魚の酢豚風 | | | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | にらともやしのスープ(ハム入り) | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | くだもの：なつみ（柑橘類） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | |
| 4/22 | 水 | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | そぼろ丼(豚そぼろ・炒り卵) | ○ | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | 海苔和え（もやし・青菜） | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 味噌汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | くだもの：ブラッドオレンジ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | | |

○：アレルギー対象食品　　△：コンタミネーション（微量混入）