

## 詳細献立表

2021年12月1日(水)

久喜市立学校給食センター

| 食品名                   | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
|-----------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|---|---|
|                       |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |   |   |   |
| <b>【フォカッチャ】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| フォカッチャ(50g)           | 50              | 0               |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       | ▲ |    |   | ● |   |   |
| フォカッチャ(70g)           | 0               | 70              |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    | ▲     |   |    | ● |   |   |   |
| <b>【牛乳】</b>           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| 飲用牛乳                  | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| <b>【いかなゲット】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| いかなゲット(20g)           | 40              | 0               | ▲     | ▲  | ▲ | ●  |    |     |   | ▲   | ●  |     | ▲  |    |      |         |     |    |     |    |    | ▲  |      | ●   |    |      |      |         | ▲  |       |   |    |   | ● |   |   |
| いかなゲット(30g)           | 0               | 60              | ▲     | ▲  | ▲ | ●  |    |     |   | ▲   | ●  |     | ▲  |    |      |         |     |    |     |    |    | ▲  |      | ●   |    |      |      |         | ▲  |       |   |    |   | ● |   |   |
| <b>【キャベツとコーンのソテー】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| キャベツ                  | 35              | 43.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| シヨルダーベーコン             | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   | ● |   |
| にんじん                  | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   | ● |
| ホールコーン(冷凍)            | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 米油                    | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 塩                     | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 白こしょう                 | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| コンソメ                  | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| <b>【チリコンカン】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   |   |
| ゆで大豆(冷凍)              | 35              | 43.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   | ● |   |
| 豚ひき肉                  | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| たまねぎ                  | 40              | 50              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| にんじん                  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   | ● |
| にんにく                  | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |   | ● |
| 米油                    | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| トマトケチャップ              | 22              | 27.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| ウスターソース               | 2.5             | 3.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| チリパウダー                | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| パプリカパウダー              | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| コンソメ                  | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 塩                     | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 白こしょう                 | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| 水                     | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |
| じゃがいも澱粉               | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   | ● |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2021年12月2日(木)

久喜市立学校給食センター

| 食品名             | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
|-----------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|--|
|                 |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |   |  |
| 【地粉うどん】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 地粉うどん(70g)      | 70      | 0       |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    | ● |   |  |
| 地粉うどん(100g)     | 0       | 100     |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |   |   |  |
| 【牛乳】            |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 飲用牛乳            | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 【ポテトコロッケ】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| ポテトコロッケ(50g)    | 50      | 0       | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ●  |      |      |         | ▲  |       | ● |    |   |   |  |
| ポテトコロッケ(60g)    | 0       | 60      | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ●  |      |      | ▲       |    | ●     |   |    |   |   |  |
| 米油              | 5       | 8       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    | ● |   |  |
| 中濃ソース(ボトル)      | 5       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    | ● |   |  |
| 【小松菜のおかか和え】     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| こまつな            | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| もやし             | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| キャベツ            | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 濃口醤油            | 2.5     | 3.13    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   | ● |  |
| 清酒              | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| 水               | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| だしパック(鰹・鯖)      | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| 鰹節(パック)         | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    | ▲  |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| 【カレーうどん】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 豚もも小間切れ         | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| たまねぎ            | 30      | 37.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| にんじん            | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| 長ねぎ             | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |
| だしパック(鰹・鯖)      | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| カレー粉            | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| カレーフレーク(Fe)     | 4       | 5       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   | ● |  |
| カレーフレーク(卵・乳不使用) | 10      | 12.5    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   | ● |  |
| 濃口醤油            | 5       | 6.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   | ● |  |
| 三温糖(30kg)       | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   | ● |  |
| じゃがいも澱粉         | 4       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   | ● |  |
| 水               | 135     | 169     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月3日(金)

久喜市立学校給食センター

| 食品名            | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
|----------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|--|---|---|---|
|                |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |  |   |   |   |
| 【ごはん】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 白飯             | 65      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |   |
| 【牛乳】           |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 飲用牛乳           | 206     | 206     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 【鮭フライ】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 鮭フライ(40g)      | 40      | 0       | ▲     |    | ▲ | ●  |    | ▲   | ▲ |     | ▲  |     | ●  | ▲  |      |         |     |    | ▲   | ▲  | ▲  | ▲  | ▲    |     | ▲  |      |      | ▲       |    | ▲     | ▲ |    | ● |  |   |   |   |
| 鮭フライ(60g)      | 0       | 60      | ▲     |    | ▲ | ●  |    | ▲   | ▲ |     | ▲  |     | ●  | ▲  |      |         |     |    | ▲   | ▲  | ▲  | ▲  | ▲    |     | ▲  |      |      | ▲       |    | ▲     | ▲ |    | ● |  |   |   |   |
| 米油             | 4       | 6       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |   |
| 中濃ソース(ボトル)     | 5       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  | ● |   |   |
| 【きんぴらごぼう】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| にんじん           | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| さつまあげ(冷凍)      | 8       | 10      | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| ごぼう(千切り・金平用)   | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| こんにやく(突きこんにやく) | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| ごま油            | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| 三温糖(30kg)      | 1.8     | 2.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| 清酒             | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| 濃口醤油           | 3       | 3.75    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| ごま(白・いり)       | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| 水              | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 【じゃがいものみそ汁】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 豚もも小間切れ        | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| にんじん           | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| じゃがいも          | 24      | 30      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| たまねぎ           | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |
| 味噌(白・20kg)     | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   | ● |
| 煮干しパック         | 2       | 2.5     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   | ● |   |
| 水              | 116     | 145     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2021年12月6日(月)

久喜市立学校給食センター

| 食品名         | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
|-------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|------|----|-------|---|----|--|--|---|--|--|--|
|             |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | グルテン | ごま | アーモンド | 月 | 後期 |  |  |   |  |  |  |
| 【ごはん】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 白飯          | 65       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |      |    |       |   |    |  |  | ● |  |  |  |
| 【牛乳】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 飲用牛乳        | 206      | 206      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 【サバのカレー焼き】  |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| サバ切身(50g)   | 50       | 0        | ▲     |    | ▲ | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| サバ切身(60g)   | 0        | 60       | ▲     |    | ▲ | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 清酒          | 1.6      | 1.9      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 濃口醤油        | 3.7      | 4.4      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |      |    |       |   |    |  |  |   |  |  |  |
| しょうが        | 0.5      | 0.6      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| カレー粉        | 0.2      | 0.2      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| たまねぎ        | 3        | 3.6      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 【春雨の炒め物】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 豚もも小間切れ     | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 小松菜(冷凍)     | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| にんじん        | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 緑豆春雨        | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| ごま油         | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 濃口醤油        | 1.2      | 1.5      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 白こしょう       | 0.01     | 0.01     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 中華スープの素     | 0.4      | 0.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |      |    |       |   |    |  |  |   |  |  |  |
| オイスターソース    | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| ごま(白・いり)    | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 【もやしの中華スープ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| もやし         | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 干椎茸         | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 豆腐(冷凍・サイコロ) | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 鶏胸小間        | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| たまねぎ        | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| にんじん        | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 中華スープの素     | 1.2      | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 塩           | 0.7      | 0.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 薄口醤油        | 3        | 3.75     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 白こしょう       | 0.02     | 0.02     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| とりがらスープの素   | 4        | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |
| 水           | 118      | 148      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |  |  |   |  |  |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月7日(火)

久喜市立学校給食センター

| 食品名             | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
|-----------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|---|---|---|
|                 |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |   |   |   |
| 【ごはん】           |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 白飯              | 65      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |  |   | ● |   |
| 【牛乳】            |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 飲用牛乳            | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 【ささみフライのエスカロップ】 |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| ささみフライ(35g)     | 35      | 0       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |   |
| ささみフライ(50g)     | 0       | 50      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |      |      |         |    |       |   |    |  | ● |   |   |
| 米油              | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| デミグラスソース        | 3       | 3.75    | ▲     | ▲  | ▲ | ●  |    | ▲   | ▲ | ▲   |    |     |    |    |      | ▲       |     |    | ▲   | ▲  | ●  | ▲  | ▲    | ▲   | ▲  |      |      | ▲       | ▲  | ▲     |   |    |  |   | ● |   |
| トマトダイスカット       | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 塩               | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 本みりん            | 1.2     | 1.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| バセリ             | 0.1     | 0.13    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 水               | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 【かんぴょうのごま和え】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| かんぴょう 乾         | 1.2     | 1.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| キャベツ            | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| もやし             | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| ドレッシング(ごま)      | 5       | 6.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      | ●       |    |       |   |    |  |   |   | ● |
| 【しげただ汁】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 鶏胸小間            | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 白玉団子            | 25      | 31.3    |       |    | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ▲   |    |      | ▲    |         |    |       |   |    |  |   |   | ● |
| にんじん            | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| はくさい            | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 干椎茸             | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| 薄口醤油            | 5       | 6.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   |   | ● |
| 清酒              | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| 塩               | 0.05    | 0.06    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| だしパック(鰹・鯖)      | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| 水               | 122.6   | 153     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月8日(水)

久喜市立学校給食センター

| 食品名                  | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
|----------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|--|--|---|---|
|                      |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |  |  |   |   |
| <b>【食パン】</b>         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| 食パン(50g)             | 50              | 0               |       |    | ▲ | ●  |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    | ▲ |  |  | ● |   |
| 食パン(70g)             | 0               | 70              |       |    | ▲ | ●  |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    | ▲ |  |  | ● |   |
| <b>【牛乳】</b>          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| 飲用牛乳                 | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| <b>【ハムカツ】</b>        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| ハムカツ(40g)            | 40              | 0               | ▲     |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| ハムカツ(50g)            | 0               | 50              | ▲     |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| 米油                   | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| <b>【大根ときゅうりのサラダ】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| 大根                   | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| きゅうり                 | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| にんじん                 | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| ドレッシング(香味塩)          | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   |  |  | ● |   |
| <b>【キャベツのスープ】</b>    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| 鶏もも小間切れ              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| キャベツ                 | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| にんじん                 | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| たまねぎ                 | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| コンソメ                 | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| 濃口醤油                 | 3.5             | 4.38            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| 塩                    | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| 白こしょう                | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| とりがらスープの素            | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  | ● |   |
| 水                    | 112             | 140             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| <b>【メープルジャム】</b>     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   |   |
| メープルジャム              | 12              | 12              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |  |  |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2021年12月9日(木)

久喜市立学校給食センター

| 食品名           | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
|---------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|
|               |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |  |   |   |
| 【地粉うどん】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 地粉うどん(70g)    | 70       | 0        |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 地粉うどん(100g)   | 0        | 100      |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 【牛乳】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 飲用牛乳          | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 【ささかまぼこの石垣揚げ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| ささかまぼこ(30g)   | 30       | 0        | ▲     | ▲  | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |
| ささかまぼこ(20g)   | 0        | 40       | ▲     | ▲  | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |
| ごま(黒・いり)      | 0.4      | 0.8      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 薄力粉           | 9        | 18       |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 米油            | 6        | 12       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| 水             | 8        | 16       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 【運盛り和え】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| にんじん          | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| れんこん(いちょう切り)  | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| こまつな          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| ぶるぶる寒天        | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  | ● |   |
| ドレッシング(棒棒鶏)   | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    | ●   |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  | ● |   |
| 【かきたまうどん】     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 鶏胸小間          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| にんじん          | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 干椎茸           | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 長ねぎ           | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |
| 液卵(冷凍)        | 20       | 25       |       |    | ● |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 濃口醤油          | 13       | 16.3     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 塩             | 0.1      | 0.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| だしパック(鰹・鯖)    | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| じゃがいも澱粉       | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |
| 水             | 156      | 195      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2021年12月10日(金)

久喜市立学校給食センター

| 食品名         | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
|-------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|---|---|--|---|---|
|             |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |   |  |   |   |
| 【ごはん】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 白飯          | 65      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |   | ● |  |   |   |
| 【牛乳】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 飲用牛乳        | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 【海鮮チヂミ】     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 海鮮チヂミ(50g)  | 50      | 50      |       |    | ▲ | ●  |    |     | ▲ |     | ●  |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ●   |    | ▲    |      |         |    |       |   |    | ● |   |  |   |   |
| 【キムタク炒め】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 豚もも小間切れ     | 40      | 50      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 米油          | 1.2     | 1.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| たくあん漬け(カット) | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |   |   |  | ● |   |
| 白菜キムチ       | 15      | 18.8    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 長ねぎ         | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 濃口醤油        | 1       | 1.25    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 【わかめスープ】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| カットわかめ(韓国産) | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| もやし         | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| たまねぎ        | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  |   |   |
| 豆腐(冷凍・サイコロ) | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |  |   | ● |
| 中華スープの素     | 1.5     | 1.88    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 濃口醤油        | 3       | 3.75    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 白ごしょう       | 0.02    | 0.03    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 塩           | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| ごま(白・すり)    | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |
| 水           | 129     | 161     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |   |   |  | ● |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



詳細献立表

2021年12月13日(月)

久喜市立学校給食センター

| 食品名          | 1人分小(g) | 1人分中(g) | アレルギー |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
|--------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|---|---|---|
|              |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | おシューナップ | ごま | アーモンド | 月 | 後期 |  |   |   |   |
| 【ごはん】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 白飯           | 65      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ▲  | ▲    |     |    | ▲    |      |         |    |       |   | ▲  |  |   | ● |   |
| 【牛乳】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 飲用牛乳         | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 【いわしみぞれ煮】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| いわしみぞれ煮(50g) | 50      | 50      |       |    | ▲ | ●  |    |     |   |     |    |     | ▲  | ▲  | ▲    |         |     |    |     |    | ▲  |    |      |     |    | ●    |      |         |    |       | ▲ |    |  | ● |   |   |
| 【わかめの酢の物】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| カットわかめ(韓国産)  | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| キャベツ         | 30      | 37.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| ホールコーン(冷凍)   | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 三温糖(30kg)    | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| ごま油          | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 塩            | 0.1     | 0.13    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 酢            | 1.5     | 1.88    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| ごま(白・いり)     | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 濃口醤油         | 3       | 3.75    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 水            | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 【かぶと油揚げのみそ汁】 |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| かぶ           | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| かぶ葉          | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 油揚げ(スライス)    | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| 長ねぎ          | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |
| 豆腐(冷凍・サイコロ)  | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 味噌(白・20kg)   | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 味噌(赤・20kg)   | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 煮干しパック       | 2       | 2.5     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |
| 水            | 125     | 156     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| 【ヨーグルト】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |
| ヨーグルト(ソフール)  | 70      | 70      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月14日(火)

久喜市立学校給食センター

| 食品名            | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
|----------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|------|----|-------|---|----|---|---|---|
|                |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | グルテン | ごま | アーモンド | 月 | 後期 |   |   |   |
| 【ごはん】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 白飯             | 65       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ▲  | ▲    |     | ▲  |      |      |      |    | ▲     |   |    |   | ● |   |
| 【牛乳】           |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 飲用牛乳           | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 【鶏肉とかぼちゃの香味和え】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 鶏むね角切り下味澱粉付    | 40       | 50       | ▲     |    | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |      |    |       |   |    | ● |   |   |
| かぼちゃ皮付角切       | 35       | 43.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| 米油             | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| ゆず果汁           | 0.4      | 0.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    | ▲   |    |    |    |      | ▲   |    |      |      |      |    |       |   |    | ● |   |   |
| 濃口醤油           | 3.5      | 4.38     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |      |    |       |   |    |   | ● |   |
| 三温糖(30kg)      | 2.3      | 2.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| 本みりん           | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| ごま(白・いり)       | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| 水              | 7        | 8.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   | ● |   |
| 【ほうれん草の和え物】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| ほうれんそう         | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| にんじん           | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| もやし            | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| ドレッシング(青じそ)    | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |      |    |       |   |    |   |   | ● |
| 【はす汁】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 豆腐(冷凍・サイコロ)    | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |      |    |       |   |    |   |   | ● |
| にんじん           | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| 長ねぎ            | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| れんこん(いちょう切り)   | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| 大根             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   |   |
| だしパック(鰹・鯖)     | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| 薄口醤油           | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |      |    |       |   |    |   |   | ● |
| 塩              | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| 本みりん           | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| 清酒             | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| じゃがいも澱粉        | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |
| 水              | 118      | 148      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |   |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

### 詳細献立表

2021年12月15日(水)①

久喜市立学校給食センター

| 食品名                        | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
|----------------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|--------|----|-------|---|----|
|                            |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | セラチン | くるみ | 大豆 | まつたけ | やまいも | シューナッツ | ごま | アーモンド | 月 | 後期 |
| <b>【こどもパン】</b>             |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| こどもパン(50g)                 | 50       | 0        |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        | ▲  |       |   | ●  |
| こどもパン(70g)                 | 0        | 70       |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      | ▲      |    |       | ● |    |
| <b>【牛乳】</b>                |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 飲用牛乳                       | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| <b>【ハンバーグマッシュルームソースかけ】</b> |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| <b>小学校</b>                 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| ハンバーグ(50g)                 | 50       | 0        | ▲     | ▲  | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    | ●  | ●    |     |    |      |      |        |    | ●     |   |    |
| マッシュルーム水煮みじん切り             | 5        | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 塩                          | 0.1      | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 米油                         | 0.5      | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 赤ワイン                       | 1.5      | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 白こしょう                      | 0.02     | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 上白糖                        | 0.3      | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| トマトケチャップ                   | 7        | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 水                          | 2        | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| <b>中学校</b>                 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 豚ももひき肉(2度挽き)               | 0        | 68.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |        |    |       |   |    |
| たまねぎ                       | 0        | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 炒め玉ねぎ(冷凍)                  | 0        | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       | ● |    |
| 豆腐(絞)                      | 0        | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        |    |       | ● |    |
| 豆乳                         | 0        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        |    |       | ● |    |
| にんにく                       | 0        | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 塩                          | 0        | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 白こしょう                      | 0        | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 米パン粉                       | 0        | 17.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| ノンエッグマヨネーズ                 | 0        | 3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| マッシュルーム水煮みじん切り             | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 塩                          | 0.1      | 0.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 米油                         | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 赤ワイン                       | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 白こしょう                      | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 上白糖                        | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| トマトケチャップ                   | 7        | 8.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 水                          | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| <b>【粉ふきいも】</b>             |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| じゃがいも(カット)                 | 60       | 75       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 青のり                        | 0.5      | 0.63     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 塩                          | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |
| 白こしょう                      | 0.01     | 0.01     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



## 詳細献立表

2021年12月16日(木)

久喜市立学校給食センター

| 食品名         | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
|-------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|---|---|---|---|
|             |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |   |   |   |   |
| 【中華めん】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 中華めん(70g)   | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |   |   |
| 中華めん(100g)  | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  | ● |   |   |   |
| 【牛乳】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 飲用牛乳        | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 【揚げぎょうざ】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| ぎょうざ(20g)   | 40              | 0               | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ●  |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |   |   |
| ぎょうざ(30g)   | 0               | 60              | ▲     | ▲  |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ●  |      |     | ●  |      |      |         |    |       |   |    |  |   | ● |   |   |
| 米油          | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   | ● |   |   |
| 【白菜の中華和え】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| はくさい        | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 大根          | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| にんじん        | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| ドレッシング(中華)  | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    | ●   |    | ●  |    |      | ●   |    |      |      |         |    |       |   |    |  |   |   | ● |   |
| 【マーボーラーメン】  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 豚ひき肉        | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 豆腐(冷凍・サイコロ) | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |   |   |   | ● |
| にんじん        | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 長ねぎ         | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| たまねぎ        | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| しょうが        | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |
| 干椎茸         | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 味噌(赤・20kg)  | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 中華スープの素     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 濃口醤油        | 4               | 5               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| ごま油         | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 上白糖         | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 豆板醤         | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| じゃがいも澱粉     | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   | ● |
| 水           | 146             | 183             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |   |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月17日(金)

久喜市立学校給食センター

| 食品名            | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
|----------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|---|
|                |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |  |   |   |   |
| 【ごはん】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 白飯             | 65       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |   |
| 【牛乳】           |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 飲用牛乳           | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【ぶりの塩こうじ焼き】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| ぶり塩こうじ漬け(40g)  | 40       | 0        | ▲     |    | ▲ | ▲  |    |     | ▲ |     | ▲  |     | ▲  | ▲  |      |         |     |    |     |    |    |    | ▲    |     |    |      |      |         |    |       |   |    |  |  | ● |   |   |
| ぶり塩こうじ漬け(50g)  | 0        | 50       | ▲     |    | ▲ | ▲  |    |     | ▲ |     | ▲  |     | ▲  | ▲  |      |         |     |    |     |    |    |    | ▲    |     |    |      |      |         |    |       |   |    |  |  | ● |   |   |
| 【ひじきとちくわの煮物】   |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 芽ひじき           | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| にんじん           | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| こんにやく(突きこんにやく) | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| ちくわ(焼きちくわ・冷凍)  | 10       | 12.5     | ▲     | ▲  | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| むき枝豆(冷凍)       | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 米油             | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 上白糖            | 2.5      | 3.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 濃口醤油           | 4        | 5        |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 本みりん           | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水              | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【里芋の豚汁】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 豚肩小間切れ         | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 里芋(カット)        | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 大根             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| にんじん           | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 豆腐(冷凍・サイコロ)    | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 長ねぎ            | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 味噌(白・20kg)     | 6        | 7.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 味噌(赤・20kg)     | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 煮干しパック         | 2        | 2.5      | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 水              | 108      | 135      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【みかん】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| うんしゅうみかん       | 100      | 100      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月20日(月)

久喜市立学校給食センター

| 食品名           | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
|---------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|---|
|               |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |  |   |   |   |
| 【ごはん】         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 白飯            | 65      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ▲  | ▲    |     | ▲  |      |      |         |    |       |   |    |  |  | ● |   |   |
| 【牛乳】          |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 飲用牛乳          | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【かつおと大豆の甘辛揚げ】 |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| かつお角切下味澱粉付    | 40      | 50      | ▲     |    |   | ▲  |    |     |   |     | ▲  |     | ▲  | ▲  |      |         |     |    |     |    |    |    |      | ▲   |    |      |      |         |    |       |   |    |  |  | ● |   |   |
| 米油            | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| ゆで大豆(冷凍)      | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| じゃがいも澱粉       | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 濃口醤油          | 4.3     | 5.38    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 三温糖(30kg)     | 3.6     | 4.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 本みりん          | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水             | 7.2     | 9       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【れんこんのサラダ】    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| れんこん(いちょう切り)  | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 大根            | 25      | 31.3    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| にんじん          | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| ドレッシング(和風)    | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 【きのこのみそ汁】     |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| カットしめじ        | 5       | 6.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| えのきだけ(カット)    | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 干椎茸           | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 小松菜(冷凍)       | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| かまぼこ(冷凍)      | 8       | 10      | ▲     |    |   | ▲  |    |     |   |     | ▲  |     | ▲  |    |      |         |     |    |     |    |    | ▲  | ▲    | ▲   | ▲  |      | ▲    | ▲       | ▲  |       |   |    |  |  |   | ● |   |
| 長ねぎ           | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 高野豆腐(カット)     | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |   | ● |   |
| 味噌(白・20kg)    | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |   | ● |   |
| 味噌(赤・20kg)    | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |   | ● |   |
| 煮干しパック        | 2       | 2.5     | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水             | 139     | 174     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

2021年12月21日(火)

久喜市立学校給食センター

| 食品名                | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
|--------------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|---------|----|-------|---|----|--|--|---|---|---|
|                    |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |  |  |   |   |   |
| 【麦ごはん】             |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 麦ごはん               | 65       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |      |      |         |    |       |   |    |  |  | ● |   |   |
| 【牛乳】               |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 飲用牛乳               | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【ミートボールケチャップソースかけ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| ミートボール(15g)        | 30       | 0        | ▲     | ▲  | ▲ | ●  |    | ▲   | ▲ | ▲   |    | ▲   | ▲  |    |      | ▲       | ▲   | ▲  | ▲   | ●  | ●  |    | ▲    | ▲   |    |      |      | ▲       | ▲  | ▲     | ▲ | ●  |  |  |   |   |   |
| ミートボール(20g)        | 0        | 40       | ▲     | ▲  | ▲ | ●  |    | ▲   | ▲ | ▲   |    | ▲   | ▲  |    |      | ▲       | ▲   | ▲  | ▲   | ●  | ●  |    | ▲    | ▲   |    |      |      | ▲       | ▲  | ▲     | ▲ | ●  |  |  |   |   |   |
| 赤ワイン               | 0.5      | 0.8      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 濃口醤油               | 0.26     | 0.4      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      |      |         |    |       |   |    |  |  |   | ● |   |
| 中濃ソース              | 1        | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 三温糖(30kg)          | 0.5      | 0.8      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| コンソメ               | 0.13     | 0.2      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| トマトケチャップ           | 3.3      | 5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| じゃがいも澱粉            | 0.26     | 0.4      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 水                  | 1.3      | 2        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 【ブロッコリーのサラダ】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| ブロッコリー(冷凍)         | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| キャベツ               | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| ホールコーン(冷凍)         | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| ドレッシング(コールスロー)     | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| 【ほうれん草カレー】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| 豚もも小間切れ            | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |      |      |         |    |       |   |    |  |  |   |   |   |
| じゃがいも              | 30       | 37.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 炒め玉ねぎ(冷凍)          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| たまねぎ               | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| ほうれんそう(冷凍)         | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| にんじん               | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| にんにく               | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 中濃ソース              | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   | ● |   |
| トマトケチャップ           | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| トマトダイスカット          | 3        | 3.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| カレーフ레이크(甘口)        | 8        | 10       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| カレーフ레이크(Fe)        | 10       | 12.5     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 米油                 | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 調理用牛乳              | 12       | 15       |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| ガラムマサラ             | 0.1      | 0.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| ミルクカルシウム           | 1        | 1.25     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 粉チーズ               | 2        | 2.5      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| スキムミルク             | 2        | 5        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |
| 水                  | 72       | 90       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |  |  |   |   | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



### 詳細献立表

2021年12月22日(水)

久喜市立学校給食センター

| 食品名          | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
|--------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|--------|----|-------|---|----|---|--|
|              |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | まつたけ | やまいも | おしゅうなつ | ごま | アーモンド | 月 | 後期 |   |  |
| 【はちみつパン】     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| はちみつパン(50g)  | 50       | 0        |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        |    | ▲     |   |    | ● |  |
| はちみつパン(70g)  | 0        | 70       |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |      |      |        | ▲  |       |   | ●  |   |  |
| 【牛乳】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 飲用牛乳         | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 【ローストチキン】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 鶏もも肉切り身(40g) | 40       | 0        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 鶏もも肉切り身(50g) | 0        | 50       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 本みりん         | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| しょうが         | 0.24     | 0.3      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 濃口醤油         | 2.4      | 2.9      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |        |    |       |   |    | ● |  |
| 清酒           | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| オリーブ油        | 1        | 1.2      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 【コーンソテー】     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| キャベツ         | 30       | 37.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| にんじん         | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| ホールコーン(冷凍)   | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 米油           | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 塩            | 0.3      | 0.38     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 白こしょう        | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| コンソメ         | 0.4      | 0.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 【ホワイトシチュー】   |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| にんじん         | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| たまねぎ         | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| じゃがいも        | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| パセリ          | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |   |  |
| 粉チーズ         | 2        | 2.5      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| スキムミルク       | 2        | 2.5      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| ロースト小麦       | 4        | 5        |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 米油           | 0.6      | 0.75     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 調理用バター       | 4.5      | 5.63     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 豆乳           | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |      |      |        |    |       |   |    | ● |  |
| 調理用牛乳        | 25       | 31.3     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 塩            | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 白こしょう        | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| コンソメ         | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| ミルクカルシウム     | 2        | 3        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |
| 水            | 54       | 67.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    | ● |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

2021年12月23日(木)

久喜市立学校給食センター

| 食品名           | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | 後期 |    |      |      |         |    |       |   |   |   |   |   |  |
|---------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|----|------|------|---------|----|-------|---|---|---|---|---|--|
|               |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ |    | 大豆 | まつたけ | やまいも | カシューナッツ | ごま | アーモンド | 月 |   |   |   |   |  |
| 【中華めん】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 中華めん(70g)     | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 中華めん(100g)    | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 【牛乳】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 飲用牛乳          | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 【ねぎ塩まんじゅう】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| ねぎ塩まんじゅう(25g) | 25              | 50              | ▲     | ▲  | ▲ | ●  |    |     | ▲ |     | ▲  |     |    |    |      |         |     |    | ▲   | ▲  | ●  | ▲  |      | ●   |    |    |      |      | ▲       |    |       |   | ● |   |   |   |  |
| 【もやしのナムル】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 大根            | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| もやし           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| にんじん          | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| ドレッシング(ナムル)   | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      | ●   |    |    |      | ●    |         |    |       |   |   |   | ● |   |  |
| 【とんこつラーメン】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 豚もも小間切れ       | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| にんにく          | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| しょうが          | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 米油            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   | ● |  |
| 清酒            | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   | ● |  |
| かまぼこ(冷凍)      | 15              | 18.8            | ▲     |    | ▲ |    |    |     | ▲ |     | ▲  |     |    | ▲  |      |         |     |    |     |    | ▲  |    | ▲    | ▲   | ▲  |    | ▲    | ▲    | ▲       |    |       |   |   |   | ● |   |  |
| にんじん          | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| チンゲンサイ        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 長ねぎ           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 豚骨ラーメンスープ     | 12              | 15              |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  | ●    |     | ●  |    |      |      | ●       |    |       |   |   | ● |   |   |  |
| とりがらスープの素     | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 味噌(白・20kg)    | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 塩             | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 白ごしょう         | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   | ● |   |  |
| 水             | 130             | 163             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| 【グレープゼリー】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   |   |  |
| グレープゼリー       | 50              | 50              |       |    | ▲ | ▲  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |    |      |      |         |    |       |   |   |   |   | ● |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

