平成31年1月　　食堂メニュー　アレルゲン

※仕入により、食材等が変更になる場合があります。
くわしくは食堂までご連絡下さい。

花山青少年自然の家

| 日付 | 朝食 | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | えび | かに | 昼食 | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | えび | かに | 夕食 | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | えび | かに |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ごはん、おかゆ | | | | | | | | | わかめラーメン | ● | ● | ● | | | | | | ごはん、ドライカレー | ● | | ● | | | | | |
| | パン | ● | ● | ● | | | | | | チャーハン | ● | ● | | | | ● | | | ハンバーグデミグラスソース煮 | ● | ● | ● | | | | | |
| 1 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 蔵王産ミルクのクリームコロッケ | ● | ● | ● | | | | | |
| 9 | ジャム、マーガリン | | | ● | | | | | | ギョーザフライ | ● | ● | | | | ● | | | きのこ和風スパゲテイー | ● | | | | | | | |
| 17 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | タラの甘酢あんかけ | ● | | | | | | | | フライドポテト | ● | | | | | | | |
| 25 | 厚焼き玉子 | ● | ● | ● | | | | | | きくらげと人参の中華和え | ● | | | | | ● | | | カニ風味サラダ | | ● | | | | | | ● |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | ほうれん草のごま和え | ● | | | | | ● | | |
| 日 | 焼き魚 | | | | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | 切干大根の煮物 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | コンソメスープ | ● | | | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | | | | | | | ドレッシング | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | カうどん | ● | ● | | | | | | | ごはん、雑穀米 | ● | | | ● | | ● | | |
| | パン | ● | ● | ● | | | | | | 鶏照り焼き丼 | ● | | | | | | | | 鶏肉の照り焼き | ● | | | | | | | |
| 2 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | カニと野菜の包み蒸し | ● | | | | | | | ● |
| 10 | ジャム、マーガリン | | | ● | | | | | | ハムカツ | ● | | ● | | | | | | 焼きそば | ● | | ● | | | | | |
| 18 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | こんにゃくと大根のあんかけ | ● | | | | | | | | フライドポテト | ● | | | | | | | |
| 26 | トマトオムレツ | | ● | | | | | | | がんもの煮物 | ● | | | | | | | | 鶏ごぼう稲荷 | ● | | | | | | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | 春雨中華サラダ | ● | | | | | ● | | |
| 日 | 野菜コロッケ | ● | ● | ● | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | かぼちゃのそぼろあんかけ | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | 中華スープ | ● | | ● | | | ● | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | | | | | | | ドレッシング | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | たぬきそば | ● | ● | | ● | | | | | ごはん、ドライカレー | ● | | ● | | | | | |
| | パン | ● | ● | ● | | | | | | ソースカツ丼 | ● | ● | ● | | | | | | 牛焼肉 | ● | | | | | ● | | |
| 3 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 魚のフライ | ● | ● | | | | | | |
| 11 | ジャム、マーガリン | | | ● | | | | | | さつま芋のコロッケ | ● | ● | ● | | | | | | 明太子パスタ | ● | ● | ● | | | | | |
| 19 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | 大根と柚子の酢の物 | | | | | | | | | フライドポテト | ● | | | | | | | |
| 27 | タマゴロール | ● | ● | | | | | | | 小松菜と油揚げのさっと煮 | ● | | | | | | | | 大根の田楽 | | | | | | ● | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | カットコーン | | | | | | | | |
| 日 | オニオンリングフライ | ● | | ● | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | 昆布巻の佃煮 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | コンソメスープ | ● | | | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| C | | | | | | | | | | | | | | | | | | | ドレッシング | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | スパゲティーミートソース | ● | | ● | | | | | | ごはん、雑穀米 | ● | | | ● | | ● | | |
| | パン | ● | ● | ● | | | | | | チキンライス | | | ● | | | | | | チキンカツ | ● | ● | | | | | | |
| 4 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 豆腐ハンバーグ | ● | ● | | | | | | |
| 12 | ジャム、マーガリン | | | ● | | | | | | チーズドック | ● | ● | ● | | | | | | スパゲティーペペロンチーノ | ● | | ● | | | | | |
| 20 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | とうもろこしの香ばし揚げ | ● | ● | | | | | | | フライドポテト | | | | | | | | |
| 28 | ねぎ入り玉子焼き | ● | ● | | | | | | | いんげんのごま和え | ● | | | | | ● | | | ブロッコリーのゆかり和え | | | | | | | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | 昆布と大豆の煮物 | ● | | | | | | | |
| 日 | ハッシュドポテト | ● | | | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | ひじきと大豆の煮物 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | ● | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | 団子汁 | ● | | ● | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | ● | | | | | |
| D | | | | | | | | | | | | | | | | | | | ドレッシング | ● | ● | ● | | ● | ● | | |
| | ごはん、おかゆ | | | | | | | | | たぬきうどん | ● | ● | | | | | | | ごはん、ドライカレー | ● | | ● | | | | | |
| | パン | ● | ● | ● | | | | | | 親子丼 | ● | ● | | | | | | | ハンバーグデミグラスソース煮 | ● | ● | ● | | | | | |
| 5 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 蔵王産ミルクのクリームコロッケ | ● | ● | ● | | | | | |
| 13 | ジャム、マーガリン | | | ● | | | | | | メンチカツ | ● | ● | | | | | | | きのこ和風スパゲテイー | ● | | | | | | | |
| 21 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | 里芋の煮っころがし | ● | | | | | | | | フライドポテト | ● | | | | | | | |
| 29 | 厚焼き玉子 | ● | ● | ● | | | | | | 山菜の煮物 | ● | | | | | | | | カニ風味サラダ | | ● | | | | | | ● |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | ほうれん草のごま和え | ● | | | | | ● | | |
| 日 | 焼き魚 | | | | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | 切干大根の煮物 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | コンソメスープ | ● | | | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| A | | | | | | | | | | | | | | | | | | | | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | 醤油ラーメン | ● | ● | ● | | | ● | | | ごはん、雑穀米 | ● | | | ● | | ● | | |
| | パン | ● | ● | ● | | | | | | 鮭チャーハン | ● | ● | ● | | | ● | | | 鶏肉の照り焼き | ● | | | | | | | |
| 6 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | カニと野菜の包み蒸し | ● | | | | | | | ● |
| 14 | ジャム、マーガリン | | | ● | | | | | | 揚げかにしゅうまいの野菜あんかけ | ● | ● | | | | | ● | | 焼きそば | ● | | ● | | | | | |
| 22 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | 大学芋 | ● | | | | | ● | | | フライドポテト | ● | | | | | | | |
| 30 | トマトオムレツ | | ● | | | | | | | ザーサイ | | | | | | ● | | | 鶏ごぼう稲荷 | ● | | | | | | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | 春雨中華サラダ | ● | | | | | ● | | |
| 日 | 野菜コロッケ | ● | ● | ● | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | かぼちゃのそぼろあんかけ | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | 中華スープ | ● | | ● | | | ● | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| B | | | | | | | | | | | | | | | | | | | | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | かき揚げ天ぷらそば | ● | ● | | ● | | | | | ごはん、ドライカレー | ● | | ● | | | | | |
| | パン | ● | ● | ● | | | | | | 牛丼 | ● | | | | | | | | 牛焼肉 | ● | | | | | ● | | |
| 7 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 魚のフライ | ● | ● | | | | | | |
| 15 | ジャム、マーガリン | | | ● | | | | | | ホタテ風味フライ | ● | ● | | | | | | | 明太子パスタ | ● | ● | ● | | | | | |
| 23 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | たけのこの土佐煮 | ● | | | | | | | | フライドポテト | ● | | | | | | | |
| 31 | タマゴロール | ● | ● | | | | | | | ごぼうサラダ | | ● | | | | | | | 大根の田楽 | | | | | | ● | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | カットコーン | | | | | | | | |
| 日 | オニオンリングフライ | ● | | ● | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | 昆布巻の佃煮 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | コンソメスープ | ● | | | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | | |
| C | | | | | | | | | | | | | | | | | | | | ● | | ● | | | ● | | |
| | ごはん、おかゆ | | | | | | | | | おかめうどん | ● | ● | | | | | | | ごはん、雑穀米 | ● | | | ● | | ● | | |
| | パン | ● | ● | ● | | | | | | 油麩丼 | ● | ● | | | | | | | チキンカツ | ● | ● | | | | | | |
| 8 | コーンフレーク | | | ● | | | | | | カレーライス | ● | | ● | | | | | | 豆腐ハンバーグ | ● | ● | | | | | | |
| 16 | ジャム、マーガリン | | | ● | | | | | | ちくわの磯辺揚げ | ● | ● | | | | | | | スパゲティーペペロンチーノ | ● | | ● | | | | | |
| 24 | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | | 里芋と海老の銀あんかけ | ● | | | | | | | | フライドポテト | | | | | | | | |
| | ねぎ入り玉子焼き | ● | ● | | | | | | | 青菜としめじのおひたし | ● | | | | | | | | ブロッコリーのゆかり和え | | | | | | | | |
| | ボイルウインナー | | | | | | | | | 生　野　菜 | | | | | | | | | 昆布と大豆の煮物 | ● | | | | | | | |
| 日 | ハッシュドポテト | ● | | | | | | | | | | | | | | | | | 生野菜 | | | | | | | | |
| | ひじきと大豆の煮物 | ● | | | | | | | | | | | | | | | | | フルーツ | | | | | | | | |
| | 生野菜 | | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | | ● | | | | | |
| | ドレッシング | ● | | ● | | | ● | | | 汁物 | ● | | ● | | | ● | | | 団子汁 | ● | | ● | | | | | |
| | 味噌汁 | ● | | | | | | | | 漬物 | ● | | | | | ● | | | 漬物 | ● | | | | | ● | | |
| | スープ | ● | | ● | | | ● | | | | | | | | | | | | | | | ● | | | | | |
| D | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | ● | ● | | |