

| 日付 | 朝食 | アレルギー | | | | | | | 昼食 | アレルギー | | | | | | | 夕食 | アレルギー | | | | | | | | | |
|--------------------------|----------------|-------|---|---|----|-----|----|--------|----------------|-------|----|---|---|----|-----|-----------------|------------------|------------------|----|----|---|---|----|-----|----|----|----|
| | | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | えび | | かに | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | | えび | かに | 小麦 | 卵 | 乳 | そば | 落花生 | ごま | えび | かに |
| 1 9 17 25 日 | ごはん、おかゆ | | | | | | | | いか天うどん | | | | | | | | | ごはん、あかりご飯 | | | | | | | | | |
| | パン | ● | ● | ● | | | | | 牛井 | ● | ● | ● | | | | | | 大きな豚串カツ | ● | ● | ● | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | | カニシューマイ | ● | ● | ● | | | | | ● | |
| | ジャム、マーガリン | | | ● | | | | | ねぎとしょうがのさつま揚げ | ● | ● | ● | | | | | | 焼きそば | ● | ● | ● | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | 青菜と油揚げの煮びたし | ● | ● | ● | | | | | | フライドポテト | ● | ● | ● | | | | | | |
| | 野菜オムレツ | ● | ● | ● | | | | | 絹さやのしょうが和え | ● | ● | ● | | | | | | もやしとツナのサラダ | ● | ● | ● | | | | | | |
| | ポイルウインナー | | | | | | | | | | | | | | | | | キャベツとブロッコリーのごま和え | | | | | | | ● | | |
| | カレーコロッケ | ● | ● | ● | | | | | 生野菜 | | | | | | | | | 生野菜 | | | | | | | | | |
| | 笹かまとブロッコリーのサラダ | ● | ● | ● | | | | | 汁物 | ● | ● | ● | | | | | | フルーツ | | | | | | | | | |
| | 生野菜 | | | | | | | | フルーツ | | | | | | | | | 味噌汁 | ● | ● | ● | | | | | | |
| ドレッシング | ● | ● | ● | | | | | 漬物 | ● | ● | ● | | | | | | とろろ昆布とはんぺんのお吸い物 | ● | ● | ● | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | | | | | | | | | | 漬物 | ● | ● | ● | | | | | | | |
| スープ | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | | ドレッシング | ● | ● | ● | | | | | | | |
| 2 10 18 26 日 | ごはん、おかゆ | | | | | | | | みそラーメン | ● | ● | ● | | | | | ごはん、ドライカレー | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | チャーハン | ● | ● | ● | | | | | チーズインハンバーグデミソース | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | 蔵王ミルククリームコロッケ | ● | ● | ● | | | | | | | |
| | ジャム、マーガリン | | | ● | | | | | 三角春巻き | ● | ● | ● | | | | | キャベツとツナの塩昆布パスタ | ● | ● | ● | | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | ピリ辛こんにやく | ● | ● | ● | | | | | フライドポテト | ● | ● | ● | | | | | | | |
| | スクランブルエッグ | ● | ● | ● | | | | | ザーサイ | ● | ● | ● | | | | | 豆とちりめんおろしポン酢和え | ● | ● | ● | | | | | | | |
| | ポイルウインナー | | | | | | | | | | | | | | | | オクラと長いものめかぶ和え | ● | ● | ● | | | | | | | |
| | 焼魚 | | | | | | | | 生野菜 | | | | | | | | | 生野菜 | | | | | | | | | |
| | マカロニサラダ | ● | ● | ● | | | | | フルーツ | | | | | | | | | フルーツ | | | | | | | | | |
| | 生野菜 | | | | | | | | 汁物 | ● | ● | ● | | | | | 味噌汁 | ● | ● | ● | | | | | | | |
| ドレッシング | ● | ● | ● | | | | | 漬物 | ● | ● | ● | | | | | ビーフコンソメスープ | ● | ● | ● | | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | | | | | | | | | 漬物 | ● | ● | ● | | | | | | | | |
| スープ | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | | | | |
| 3 11 19 27 日 | ごはん、おかゆ | | | | | | | | たぬきそば | ● | ● | ● | | | | | ごはん、炊き込みチャーハン | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | ちらしずし | ● | ● | ● | | | | | 鶏のから揚げ | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | ジャンボ肉シュウマイ | ● | ● | ● | | | | | | | |
| | ジャム、マーガリン | | | ● | | | | | 豚肉野菜巻きフライ | ● | ● | ● | | | | | 海鮮ビーフン炒め | ● | ● | ● | | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | 山菜の煮物 | ● | ● | ● | | | | | フライドポテト | ● | ● | ● | | | | | | | |
| | ネギ入り玉子焼き | ● | ● | ● | | | | | ブロッコリーのピーナッツ和え | ● | ● | ● | | | | | 山クラゲの梅肉和え | ● | ● | ● | | | | | | | |
| | ポイルウインナー | | | | | | | | 生野菜 | | | | | | | | 中華サラダ | ● | ● | ● | | | | | | | |
| | 野菜コロッケ | ● | ● | ● | | | | | フルーツ | | | | | | | | 生野菜 | | | | | | | | | | |
| | 切り昆布の煮物 | ● | ● | ● | | | | | 汁物 | ● | ● | ● | | | | | フルーツ | | | | | | | | | | |
| | 生野菜 | | | | | | | | 漬物 | ● | ● | ● | | | | | 味噌汁 | ● | ● | ● | | | | | | | |
| ドレッシング | ● | ● | ● | | | | | | | | | | | | | わかめスープ | ● | ● | ● | | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | 漬物 | ● | ● | ● | | | | | | | | |
| スープ | ● | ● | ● | | | | | | | | | | | | | ドレッシング | ● | ● | ● | | | | | | | | |
| 4 12 20 28 日 | ごはん、おかゆ | | | | | | | | ミートソーススパゲティ | ● | ● | ● | | | | | ごはん、ゆかりご飯 | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | チキンライス | ● | ● | ● | | | | | 肉団子のあんかけ | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | あじの大葉フライ | ● | ● | ● | | | | | | | |
| | ジャム、マーガリン | | | ● | | | | | さつまいもコロッケ | ● | ● | ● | | | | | 和風スパゲティ | ● | ● | ● | | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | シーザーサラダ | ● | ● | ● | | | | | フライドポテト | ● | ● | ● | | | | | | | |
| | 玉子ロール | ● | ● | ● | | | | | れんこんサラダ | ● | ● | ● | | | | | オクラのピーナッツ和え | ● | ● | ● | | | | | | | |
| | ポイルウインナー | | | | | | | | 生野菜 | | | | | | | | 玉ねぎとわかめの鰹節サラダ | ● | ● | ● | | | | | | | |
| | 切り干し大根の煮物 | ● | ● | ● | | | | | フルーツ | | | | | | | | 生野菜 | | | | | | | | | | |
| | スパゲティサラダ | ● | ● | ● | | | | | 汁物 | ● | ● | ● | | | | | フルーツ | | | | | | | | | | |
| | 生野菜 | | | | | | | | 漬物 | ● | ● | ● | | | | | 味噌汁 | ● | ● | ● | | | | | | | |
| ドレッシング | ● | ● | ● | | | | | | | | | | | | | あさりのうしお汁 | ● | ● | ● | | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | 漬物 | ● | ● | ● | | | | | | | | |
| スープ | ● | ● | ● | | | | | | | | | | | | | ドレッシング | ● | ● | ● | | | | | | | | |
| 5 13 21 29 日 | ごはん、おかゆ | | | | | | | | とろろそば | ● | ● | ● | | | | | ごはん、あかりご飯 | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | 親子丼 | ● | ● | ● | | | | | 大きな豚串カツ | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | カニシューマイ | ● | ● | ● | | | | | | | |
| | ジャム、マーガリン | | | ● | | | | | キャベツメンチカツ | ● | ● | ● | | | | | 焼きそば | ● | ● | ● | | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | 小松菜と油揚げの煮浸し | ● | ● | ● | | | | | フライドポテト | ● | ● | ● | | | | | | | |
| | 野菜オムレツ | ● | ● | ● | | | | | さつまいもとレーズンのサラダ | ● | ● | ● | | | | | もやしとツナのサラダ | ● | ● | ● | | | | | | | |
| | ポイルウインナー | | | | | | | | 生野菜 | | | | | | | | キャベツとブロッコリーのごま和え | | | | | | | | | | |
| | カレーコロッケ | ● | ● | ● | | | | | フルーツ | | | | | | | | 生野菜 | | | | | | | | | | |
| | 笹かまとブロッコリーのサラダ | ● | ● | ● | | | | | 汁物 | ● | ● | ● | | | | | フルーツ | | | | | | | | | | |
| | 生野菜 | | | | | | | | 漬物 | ● | ● | ● | | | | | 味噌汁 | ● | ● | ● | | | | | | | |
| ドレッシング | ● | ● | ● | | | | | | | | | | | | | とろろ昆布とはんぺんのお吸い物 | ● | ● | ● | | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | 漬物 | ● | ● | ● | | | | | | | | |
| スープ | ● | ● | ● | | | | | | | | | | | | | ドレッシング | ● | ● | ● | | | | | | | | |
| 6 14 22 30 日 | ごはん、おかゆ | | | | | | | | 揚げ玉ラーメン | ● | ● | ● | | | | | ごはん、ドライカレー | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | ソースカツ丼 | ● | ● | ● | | | | | チーズインハンバーグデミソース | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | 蔵王ミルククリームコロッケ | ● | ● | ● | | | | | | | |
| | ジャム、マーガリン | | | ● | | | | | 揚げ餃子 | ● | ● | ● | | | | | キャベツとツナの塩昆布パスタ | ● | ● | ● | | | | | | | |
| | 納豆、味付のり、ふりかけ | ● | ● | ● | | | ● | ● | ぜんまいのナムル | ● | ● | ● | | | | | フライドポテト | ● | ● | ● | | | | | | | |
| | スクランブルエッグ | ● | ● | ● | | | | | いんげんゆかり和え | ● | ● | ● | | | | | 豆とちりめんおろしポン酢和え | ● | ● | ● | | | | | | | |
| | ポイルウインナー | | | | | | | | 生野菜 | | | | | | | | オクラと長いものめかぶ和え | ● | ● | ● | | | | | | | |
| | 焼魚 | | | | | | | | フルーツ | | | | | | | | 中華サラダ | ● | ● | ● | | | | | | | |
| | マカロニサラダ | ● | ● | ● | | | | | 汁物 | ● | ● | ● | | | | | 生野菜 | | | | | | | | | | |
| | 生野菜 | | | | | | | | 漬物 | ● | ● | ● | | | | | フルーツ | | | | | | | | | | |
| ドレッシング | ● | ● | ● | | | | | | | | | | | | | 味噌汁 | ● | ● | ● | | | | | | | | |
| 味噌汁 | ● | ● | ● | | | | | ドレッシング | ● | ● | ● | | | | | わかめスープ | ● | ● | ● | | | | | | | | |
| スープ | ● | ● | ● | | | | | | | | | | | | | 漬物 | ● | ● | ● | | | | | | | | |
| 7 15 23 31 日 | ごはん、おかゆ | | | | | | | | きつねうどん | ● | ● | ● | | | | | ごはん、炊き込みチャーハン | ● | ● | ● | | | | | | | |
| | パン | ● | ● | ● | | | | | 豚井 | ● | ● | ● | | | | | 鶏のから揚げ | ● | ● | ● | | | | | | | |
| | コーンフレーク | | | ● | | | | | カレーライス | ● | ● | ● | | | | | ジャンボ肉シュウマイ | ● | ● | ● | | | | | | | |