# 藤沢市中学校給食　　2024年4月　アレルゲン詳細献立表

原料に含まれる場合は、「アレルゲン」欄に●、揚げ物は、揚げ物機を別の製造ラインでも使用しているため「揚げ物」欄に●をつけてあります。
（また、油揚げ・生揚げ・さつま揚げを使用した場合にも、揚げ物調理と同様の記載をしています。）
☆牛乳は基本毎日提供しますが、この献立表には記載しておりません。
☆ソフトめんは、そばと共通の設備で製造されています。
☆同一ライン（施設）製造（コンタミネーション）の食品の情報が必要な場合は、学校給食課（50－8247）へお問い合わせください。

**★アレルギー表示変更について**
・昨年度まではしょうゆの原料に含まれる小麦、大豆についても●を表示しておりましたが、
**今年度より、しょうゆの原料に含まれる小麦、大豆については●を表示いたしません。**
（※しょうゆにつきましては、毎日給食に使用しております。）

| 日 | 曜日 | 献立名・料理名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | カシューナッツ | ごま | 揚げ物 |
| 15 | 月 | ヒレカツカレー（具） | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| | | カレールウ | | | ● | | | ● | | | | | | | | | | | | ● | ● | | | | | | ● | | | | |
| | | 野菜炒め | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | フルーツあえ（みかん＆りんご缶） | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】タンドリーチキン | | | | | | ● | | | | | | | | | | | | | ● | | | | | | | | | | |
| 16 | 火 | 鮭の塩焼き | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | |
| | | 野菜の磯香あえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | じゃがいものきんぴら | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 蒸ししゅうまい | | | ● | | | | | | | | | | | | | | | ● | | | ● | | | | | | | ● | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏天 | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 17 | 水 | チキンチキンごぼう | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | ● |
| | | ひじきポテト | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 煮びたし | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| | | 春雨スープ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18 | 木 | そぼろごはん（具） | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | かぼちゃの塩バターあえ（アーモンド入り） | | | | | | ● | | ● | | | | | | | | | | | | | | | | | | | | | |
| | | 野菜の辛子じょうゆあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 若竹汁 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】あじフライ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 19 | 金 | いかフライ | | | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | ● |
| | | ボイルウインナー | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | 小松菜とコーンのソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ベイクドポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | にんじんしりしり | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | | ミートソース | | | ● | | | | | | | | | | | | | | | ● | | | ● | | | | ● | | | | |
| | | ソフトめん | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の香味焼き | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 22 | 月 | 鶏肉の唐揚げ | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | 春キャベツのソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 新じゃがいもの煮物 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | スタミナきゅうり | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | 沢煮わん | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | ● |
| | | 小松菜ふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 日 | 曜日 | 献立名・料理名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | | えび | かに | 小麦 | そば | 卵 | 乳 | 落花生 | アーモンド | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | カシューナッツ | ごま | 揚げ物 |
| 23 | 火 | カミカミビビンバ（アーモンド入り）（具） | | | ● | | | | | ● | | | | | | | | | | ● | | | ● | | | | | | | ● | |
| | | チャプチェ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | | 黒ごまだんご | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | わかめと大根のスープ | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | 水 | ハンバーグカレーソース | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | | |
| | | マッシュポテト | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | えびとマカロニのトマト煮 | ● | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | 小松菜そぼろ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | コーンライス | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミニあげパン | | | ● | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |
| | | 【大盛のみ】ほたてフライ | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 25 | 木 | 筑前煮 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| | | しらす入り湘南かき揚げ | | | ● | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| | | 野菜のおかかあえ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | みそ汁 | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | | ひじきふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】さばの塩焼き | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 26 | 金 | かじきのステーキ | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミートボールのケチャップあえ | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | ● |
| | | 小松菜のペペロンチーノ | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | | コーンスープ | | | | | ● | | | | | | | | | | | | | | ● | | | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】フライドチキン | | | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 30 | 火 | 太刀魚のバーベキューソースかけ | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | ● |
| | | ゆで野菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | ミートポテト | | | | | | | | | | | | | | | | | | | ● | | ● | | | | ● | | | | |
| | | フルーツあえ（パイン＆りんご缶） | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| | | ABCスープ | | | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 【大盛のみ】鶏肉の照り焼き | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |