

生協食堂レギュラーメニューのアレルギー表示

2024/10/28現在

| アレルギー<br>メニュー名      | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | くるみ | あわび | いか | いくら | オレンジ | ブルーベリー | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | アーモンド | カシューナッツ | ごま |
|---------------------|---|---|----|----|----|----|-----|-----|-----|----|-----|------|--------|----|----|----|----|----|-----|----|----------|----|------|-----|------|-------|---------|----|
| ごはん・カレー・丼           |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |
| ライス                 |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |
| きのこごはん発芽玄米入り        |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      |     |      |       |         |    |
| 鶏ごぼう五穀ごはん           |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      |     |      |       |         |    |
| 鶏そぼろと焦がし葱の混ぜご飯      |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |
| 豚と紅生姜の混ぜご飯          |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         | ●  |
| マイルドカレー             |   |   | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         | ●  |
| カレーライス              |   | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    |          |    | ●    | ●   |      |       |         | ●  |
| 牛カルビ焼肉丼             |   |   | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 豚塩カルビ焼肉丼            | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 炭火焼鳥丼               | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    | ●    |     |      |       |         | ●  |
| 月見味噌カツ丼             | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 福井ソースカツ丼            | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| チキンカツ卵とじ丼           | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      | ●   |      |       |         | ●  |
| 中華丼                 | ● |   | ●  | ●  |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 鶏天甘辛丼               | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      | ●   |      |       |         | ●  |
| 塩だれ鶏天甘辛丼            | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      |     |      |       |         | ●  |
| 日替わり                |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |
| ベーコンチーズと唐揚げ         | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| ハンバーグとハーブチキン唐揚      |   | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         | ●  |
| チキン南蛮とひれかつ          | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| チキンチーズ焼きとコロッケ       | ● | ● | ●  | ●  |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         | ●  |
| 照り焼きチキンとミニメンチカツ     | ● | ● | ●  | ●  | ●  |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| ハンバーグとから揚げ          | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    |          |    |      | ●   | ●    |       |         | ●  |
| ひれカツと白身フライ          | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| チキン南蛮ミニとシューマイ       | ● | ● | ●  | ●  | ●  |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| 鶏肉の韓国風照り焼きと串カツ      | ● | ● | ●  | ●  | ●  |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| チーズささみカツとエビマヨ       | ● | ● | ●  | ●  |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         | ●  |
| スパイスチキンとコウカミ-ワイ     | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      |     | ●    |       |         | ●  |
| エビフライと唐揚げウィナー       | ● |   | ●  | ●  |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         | ●  |
| ハンバーグとささみチーズしそ巻きフライ | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 主菜300円以上            |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |
| えびカツオーロラソース         | ● | ● | ●  | ●  |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    |          |    | ●    | ●   |      |       |         | ●  |
| ロースとんかつ             | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 厚切り旨ひれかつ            | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 豚肉アスパラチーズカツ         | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         | ●  |
| 鶏ボン唐揚げ              |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         | ●  |
| チキン黒胡椒焼             |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         | ●  |
| ねぎ塩チキンステーキ          |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    | ●  |     |    |          |    |      |     |      |       |         | ●  |
| 豚肉の生姜焼              |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| 助宗だらのフライ            | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         | ●  |
| 上海風野菜炒め             | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         | ●  |
| ハンバーグデミグラスソース       | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      |     | ●    | ●     |         | ●  |
| トマトソースハンバーグ         | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| ハンバーグテリヤキベッパーソース    | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    | ●  | ●  | ●  |     |    | ●        |    |      |     | ●    | ●     |         | ●  |
| 和風ハンバーグおろしソース       | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   | ●    |       |         | ●  |
| ささみカツ卵とじあんかけ        | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  | ●  |     |    |          |    |      |     |      |       |         | ●  |
| チキン南蛮               | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         | ●  |
| チーズチキンカツ            | ● | ● | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         | ●  |
| とろ鱈の照り焼き            |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    | ●  | ●  |    |     |    |          |    |      |     |      |       |         | ●  |
| 白身魚の漬け焼き            |   |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         | ●  |
| 豚肉とキャベツのスタミナ煮       |   |   | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         | ●  |
| 主菜(副菜) 200円以上       |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |
| さばの塩焼き              |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    | ●  |    |    |     |    |          |    |      |     |      |       |         |    |
| あじフライ               | ● |   | ●  |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |
| 牛肉じゃが               |   |   | ●  |    |    |    |     |     |     |    |     |      |        | ●  |    | ●  | ●  |    |     |    |          |    |      |     |      |       |         |    |
| 銀ひらすの西京焼き           |   |   |    |    |    |    |     |     |     |    |     |      |        |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |
| 銀鮭の塩焼き              |   |   |    |    |    |    |     |     |     |    |     |      |        |    | ●  |    |    |    |     |    |          |    |      |     |      |       |         |    |

| アレルギー<br>メニュー名    | アレルギー |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |   |   |
|-------------------|-------|---|----|----|----|----|-----|-----|-----|----|-----|------|------|-----|----|----|----|----|----|-----|----|----------|----|------|-----|------|-------|---------|----|---|---|
|                   | 卵     | 乳 | 小麦 | えび | かに | そば | 落花生 | くるみ | あわび | いか | いくら | オレシシ | フルーツ | キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン | アーモンド | カシューナッツ | ごま |   |   |
| 白身魚の野菜南蛮あん        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   |   |
| チャーシュー野菜サラダ       | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         |    | ● |   |
| 生ハムサラダ            |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    | ●        |    |      | ●   |      |       |         |    |   |   |
| ローストチキンサラダ        | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    | ● |   |
| お肉屋さんのメンチカツ       | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     | ●  |    |    | ●  | ●  |     |    | ●        |    |      | ●   |      |       |         |    | ● |   |
| 旨厚ハムカツ            | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         |    | ● |   |
| サーモンチーズフライ        | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    | ●  |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    | ● |   |
| いかフライ             | ●     |   | ●  |    |    |    |     |     |     | ●  |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    | ● |   |
| 銚子産鱈の竜田揚げ         |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    | ●  | ●  |    |     |    |          |    |      |     |      |       |         |    | ● |   |
| 鱈の味噌煮             |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    | ●  | ●  |    |     |    |          |    |      |     |      |       |         |    | ● |   |
| 鱈の生姜煮             |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    | ●  | ●  |    |     |    |          |    |      |     |      |       |         |    | ● |   |
| 豚肉チゲ豆腐            |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     | ●  |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         |    | ● |   |
| 鶏唐揚げカシューナッツ       | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         | ●  | ● |   |
| 副菜200円未満          |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |   |   |
| あじの南蛮漬け           |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 鶏唐と揚げ野菜のマリネ（生姜風味） |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| バイクドポテトサラダ        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         |    |   | ● |
| たこキャベツカツ          | ●     |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    | ●    |     |      |       |         |    |   | ● |
| フランク&ポテト          |       | ● |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    | ●        |    |      |     |      |       |         |    |   | ● |
| 子持ちししゃもフライ        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 厚揚げにら玉炒め          | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      | ●   |      |       |         |    |   | ● |
| いかの唐揚げ            |       |   | ●  |    |    |    |     |     |     | ●  |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 揚げ餅               |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| サクサクチーズはんぺん       | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 茄子のみぞれあんかけ        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| ミニカレー春巻           |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  | ●   | ●  |          |    |      |     |      |       |         |    |   | ● |
| あまから揚げ茄子          | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 肉団子               |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| チキンレバー生姜煮         |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| 甘えびクリームコロッケ       |       | ● | ●  | ●  |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      | ●     |         |    |   | ● |
| 男爵コロッケ牛肉入り        | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     | ●  |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| 紅ずわい蟹クリームコロッケ     |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| スタミナ豆腐            |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     | ●    |       |         |    |   | ● |
| 副菜120円未満          |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    |    |    |     |    |          |    |      |     |      |       |         |    |   |   |
| ねばねばサラダ           |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      | ●   |      |       |         |    |   | ● |
| じゃこおくらスライス        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 10品目のきんぴら         |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| ささがきごぼうの金平        |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| シャキシャキ蓮根金平        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| じゃこ大根おろし          |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| なめ茸大根おろし          |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 胡瓜とわかめじゃこの酢の物     |       |   |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 蒸し鶏ときくらげの酢の物      | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     | ●    | ●     |         |    |   | ● |
| 鶏肉と春雨中華サラダ        | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     | ●    | ●     |         |    |   | ● |
| 柚子づくし春雨サラダ        | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         |    |   | ● |
| ほうれん草ともやしナムル      |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     | ●    |       |         |    |   | ● |
| 明太ごぼうサラダ          | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 北海道明太ポテトサラダ       | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| ハムとチーズのポテトサラダ     | ●     | ● |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         |    |   | ● |
| ベーコンチーズポテトサラダ     | ●     | ● |    |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         |    |   | ● |
| さつまいもとりんごのマカロニサラダ | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    | ●        |    |      |     | ●    | ●     |         |    |   | ● |
| 長芋の梅肉おかつ和え        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      | ●   |      |       |         |    |   | ● |
| 大根と厚揚げの煮物きのこ入り    |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| ひじきと蓮根の煮物きのこ入り    |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| おくらだしもずく和え        |       |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| 玉子豆腐              | ●     |   | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 枝豆入りひじき煮          |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  |    |     |    |          |    |      |     |      |       |         |    |   | ● |
| 五目ひじき煮            |       | ● | ●  |    |    |    |     |     |     |    |     |      |      |     | ●  |    |    | ●  | ●  |     |    |          |    |      |     |      |       |         |    |   | ● |
| 法蓮草のたまごとし         | ●     | ● | ●  |    |    |    |     |     |     |    |     |      |      |     |    |    |    | ●  | ●  |     |    | ●        |    |      |     |      |       |         |    |   | ● |

| アレルギー<br>メニュー名 | 卵 | 乳 | 小麦 | えび | かに | そば | 落花生 | くるみ | あわび | いか | いくら | オレンジ | フルーツ<br>キウイ | 牛肉 | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア<br>ナッツ | もも | やまいも | りんご | ゼラチン | アーモンド | カシュー<br>ナッツ | ごま |
|----------------|---|---|----|----|----|----|-----|-----|-----|----|-----|------|-------------|----|----|----|----|----|-----|----|--------------|----|------|-----|------|-------|-------------|----|
| 臭だくさん卵の花       |   | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| おくらごま和え        |   | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  | ●   |    |              |    |      |     |      |       |             | ●  |
| ごろごろ野菜炊き合わせ    |   | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 小松菜と揚げの煮浸し     |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 兼ごもりたまご        | ● |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| おくら菓籠り卵        | ● |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 大学芋            |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| 玉子焼き           | ● |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| かぼちゃ煮          |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 法蓮草            |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| こうや豆腐          |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| エッグマカロニサラダ     | ● | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 納豆             |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 豆腐             |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| スープ            |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| 味噌汁            |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| スタミナスープ        | ● |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    | ●   | ●  |              |    |      |     |      |       |             | ●  |
| 温かい麺           |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| 担々麺            | ● | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     | ●  |              |    |      |     |      |       |             | ●  |
| とんこつラーメン       | ● | ● | ●  |    |    |    |     |     |     |    |     |      |             |    |    | ●  | ●  |    | ●   |    |              |    |      |     |      |       |             | ●  |
| 醤油ラーメン         | ● |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     | ●  |              |    |      |     | ●    |       |             | ●  |
| 天ぷらうどん         | ● |   | ●  | ●  |    |    |     |     |     |    |     |      |             |    |    | ●  | ●  |    | ●   |    |              |    |      |     |      |       |             | ●  |
| 天ぷらそば          | ● |   | ●  | ●  |    | ●  |     |     |     |    |     |      |             |    |    | ●  | ●  |    | ●   |    |              |    |      |     |      |       |             | ●  |
| きつねうどん         |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| きつねそば          | ● |   | ●  |    |    | ●  |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 岩布うどん          |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 岩布そば           | ● |   | ●  |    |    | ●  |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| かけうどん          |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| かけそば           | ● |   | ●  |    |    | ●  |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| 肉うどん           | ● | ● | ●  |    |    |    |     |     |     |    |     |      |             | ●  |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             | ●  |
| 肉そば            | ● | ● | ●  |    |    | ●  |     |     |     |    |     |      |             | ●  |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             | ●  |
| ごぼう天うどん        |   |   | ●  |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             | ●  |
| ごぼう天そば         | ● |   | ●  |    |    | ●  |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             | ●  |
| デザート           |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| ぶどうのゼリーナタデココ入り |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| ぶじりんごのゼリー      |   |   |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              | ●  |      | ●   |      |       |             |    |
| フルーツ杏仁豆腐       |   | ● |    |    |    |    |     |     |     |    |     |      | ●           |    |    |    | ●  | ●  |     |    |              |    |      |     | ●    |       |             |    |
| 京都宇治抹茶パバロア     |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     |      |       |             |    |
| フルーツカスタードプリン   | ● | ● |    |    |    |    |     |     |     |    |     |      | ●           |    |    |    | ●  | ●  |     |    |              |    |      |     |      | ●     |             |    |
| パナコッタMIXベリー    |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      |     |      | ●     |             |    |
| つぶつぶ柚子ゼリー      |   |   |    |    |    |    |     |     |     |    |     |      | ●           |    |    |    |    |    |     |    |              |    |      |     |      |       |             |    |
| アセロラゼリー&フルーツ   |   |   |    |    |    |    |     |     |     |    |     |      | ●           |    |    |    | ●  | ●  |     |    |              | ●  |      | ●   |      |       |             |    |
| コーヒーゼリー        |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     | ●    |       |             |    |
| フルーチェストロベリー    |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              |    |      | ●   |      |       |             |    |
| フルーチェミックスベリー   |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    |     |    |              | ●  |      | ●   |      |       |             |    |
| フルーチェオレンジ      |   | ● |    |    |    |    |     |     |     |    |     | ●    |             |    |    |    |    |    |     |    |              |    |      | ●   |      |       |             |    |
| フルーツヨーグルト      |   | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    |    |    | ●   |    |              | ●  |      |     |      |       |             |    |
| チョコレートプリン      | ● | ● |    |    |    |    |     |     |     |    |     |      |             |    |    |    | ●  | ●  |     |    |              |    |      |     | ●    | ●     |             |    |