

生協食堂レギュラーメニューのアレルギー表示

アレルギー 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	シロイソノエ	オレンジ	フルーツ	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	しほ	
アレルギー メニュー名	allergic Menu name	egg	milk	wheat	Shrimp	Crab	Soba	peanuts	Walnut	Abalone	Squid	Salmon roe	Orange	Kiwi fruit	beef	Salmon	Mackerel	soy	chicken	banana	pork	macadamia nuts	Peaches	Yam	Apple	gelatin	almond	Cashew nuts	Sesame	
ごはん・カレー・丼	Rice, curry, bowl																													
ライス	Steamed white rice																													
きのこごはん発芽玄米入り	Sprouted brown rice cooked with mushroom			●													●	●	●											
鶏ごぼう五穀ごはん	Five grain rice cooked with chicken and burdock			●													●	●	●											
鶏そぼろと焦がし葱の混ぜご飯	Rice mixed with mince chicken meat and caramelized spring onions			●														●	●											
豚と紅生姜の混ぜご飯	Rice mixed with minced pork and red pickled ginger																	●	●		●								●	
マイルドカレー	Beef curry and rice, mildly spiced, medium size			●											●			●	●						●				●	
カレーライス	Curry sauce on rice		●	●											●			●	●						●	●			●	
牛カルビ焼肉丼	BBQ beef ribs served on rice bowl			●											●			●	●						●				●	
豚塩カルビ焼肉丼	Salted pork rib rice bowl, Korean style	●	●	●													●	●	●						●				●	
炭火焼鳥丼	Char-broiled chicken with a sweet and savory sauce rice bowl medium size	●	●	●													●	●	●						●				●	
月見味噌カツ丼	Rice bowl with half-boiled egg and breaded pork cutlet on a bed of coleslaw	●	●	●													●	●							●				●	
福井ソースカツ丼	Worcestershire sauce flavored pork cutlet rice bowl	●	●	●														●	●						●				●	
チキンカツ卵とし丼	Breaded chicken cutlet rice bowl with egg and starchy thick sauce	●	●	●													●	●	●						●				●	
中華丼	Chop suey rice bowl	●		●	●										●			●	●						●				●	
鶏天甘辛丼	Chicken tempura with hot and sweet sauce served on top of rice	●		●													●	●	●						●				●	
塩だれ鶏天甘辛丼	Rice bowl topped with chicken tempura with salty sau	●		●													●	●	●						●				●	
日替わり	Daily																													
ベーコンチーズと唐揚げ	Onion, bacon and cheese wrapped in ham deep fried and fried chicken	●	●	●														●	●		●				●	●			●	
ハンバーグとハーブチキン唐揚	Hamburger steak & deep fried chicken, herb flavored		●	●											●			●	●											●
チキン南蛮とひれかつ	Deep fried chicken marinated in sweet vinegar sauce & deep fried pork fillet	●	●	●														●	●						●	●			●	
チキンチーズ焼きとクロquette	Grilled chicken with cheese & croquette	●	●	●	●										●			●	●										●	
照り焼きチキンとミニメンチカツ	Teriyaki chicken & breaded and deep fried potato cake with domestic minced beef	●	●	●	●										●			●	●						●	●			●	
ハンバーグとから揚げ	Hamburger steak & fried chicken	●	●	●											●			●	●							●			●	
ひれカツと白身フライ	Breaded pork fillet cutlet & breaded and deep fried white meat fish	●	●	●														●	●						●	●			●	
チキン南蛮ミニとシューマイ	Mini fried chicken marinated in sweet vinegar sauce & steamed Chinese dumpling	●	●	●	●													●	●						●				●	
鶏肉の韓国風照り焼きと串カツ	Korean style teriyaki chicken & breaded pork cutlet on a skewer	●	●	●	●												●	●	●						●	●			●	
チーズささみカツとエビマヨ	Cheese chicken tender cutlet and shrimp with mayonnaise sauce	●	●	●	●													●	●						●				●	
スパイスチキンとコーンクリームフライ	Grilled spicy chicken & corn cream flavored croquette	●	●	●														●	●						●				●	
エビフライと唐揚げウィンナー	Fried chicken, breaded deep fried shrimp, and sausage combo	●	●	●	●													●	●										●	
ハンバーグとささみチーズしそ巻きフライ	Hambureger stake and deep-fried chicken breast strip with cheese wrapped with perilla leaf	●	●	●											●			●	●						●				●	
主菜300円以上	Main course 300 yen or more																													
えびカツオーロラソース	Breaded prawn outlet with spicy aurora sauce	●	●	●	●													●	●						●	●			●	

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ロースとんかつ	Breaded pork loin cutlet	●		●														●						●					●	
厚切り旨ひれかつ	Bite-sized Japanese pork fillet cutlet	●	●	●														●						●					●	
豚肉アスパラチーズカツ	Breaded pork cutlet along with asparagus and cheese	●	●	●														●						●					●	
鶏ボン唐揚げ	Fried chicken with soy and vinegar sauce			●														●	●										●	
チキン黒胡椒焼	Black peppered chicken, grilled			●														●	●										●	
ねぎ塩チキンステーキ	Chicken steak, green onion and salt flavored			●														●	●										●	
豚肉の生姜焼	Sauteed ginger flavored pork (domestic pork)			●														●	●					●	●				●	
助宗だらのフライ	Deep-fried Alaska pollock	●		●														●												
上海風野菜炒め	Shanghai style stir-fried vegetables with oyster and soy sauce	●		●														●												●
ハンバーグデミグラスソース	Hamburger stake with demi-glace sauce	●	●	●											●			●	●											●
トマトソースハンバーグ	Hamburger steak with tomato sauce	●	●	●											●			●	●						●					●
ハンバーグテリヤキベッパーソース	Teriyaki hamburger steak with pepper sauce	●	●	●											●		●	●	●											●
和風ハンバーグおろしソース	Hamburger steak with grated radish sauce	●	●	●											●			●							●					●
ささみカツ卵とじあんかけ	Breaded chicken tender cutlet with scrambled eggs and thick sauce over	●	●	●													●	●	●											●
チキン南蛮	Fried chicken, sweet and sour flavored	●		●														●	●											●
チーズチキンカツ	Breaded chicken cutlet with cheese	●	●	●														●	●											●
とろ鯖の照り焼き	Fatty mackerel broiled with soy sauce			●													●	●												●
白身魚の漬け焼き	Marinated and grilled white meat fish			●														●												●
豚肉とキャベツのスタミナ煮	Simmered pork and vegetables seasoned with soy sauce			●											●			●												●
主菜(副菜) 200円以上		Main dish (side dish) 200 yen or more																												
さばの塩焼き	Grilled mackerel																	●												
あじフライ	Deep-fried horse mackere	●		●														●												
牛肉じゃが	Simmered beef and potato			●											●			●												
銀ひらすの西京焼き	Grilled miso marinated amberjack																	●												
銀鮭の塩焼き	Broiled salmon seasoned with salt																													
白身魚の野菜南蛮あん	White meat fish with vegetable thickened sweet and sour sau			●														●												
チャーシュー野菜サラダ	BBQ pork slice and vegetable salad	●	●	●														●	●						●					●
生ハムサラダ	Uncured ham salad																	●							●					
ローストチキンサラダ	Roast chicken salad	●	●	●														●	●											●
お肉屋さんのメンチカツ	Juicy minced pork and beef cutlet	●	●	●											●			●							●					●
旨厚ハムカツ	Yummy thick ham cutlet	●	●	●														●	●											●
サーモンチーズフライ	Breaded fried salmon with cheese	●	●	●														●												●
いかフライ	Breaded and deep fried squid	●		●														●												
銚子産鯖の竜田揚げ	Whitish deep-fried mackerel from Choshi			●														●	●											
鯖の味噌煮	Simmered mackerel, miso flavored			●														●	●											
鯖の生姜煮	Simmered mackerel, ginger flavored			●														●	●											
豚肉チゲ豆腐	Pork and tofu spicy hot pot, Korean style			●											●			●												●
鶏唐揚げカシューナッツ	Stir-fried chicken and cashew nuts	●	●	●														●	●									●	●	

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副菜200円未満	Side dish less than 200 yen																												
あじの南蛮漬け	Deep fried horse mackerel marinated in sweet vinegar sauce			●														●											●
鶏唐と揚げ野菜のマリネ(生姜風味)	Marinated fried chicken and vegetables with ging			●														●	●										
バイクドポテトサラダ	Fried baked potato salad			●														●			●								
たこキャベツカツ	Deep-fried Japanese pan cake with cabbage and octopus topped with Japanese Worcestershire sauce, mayo, and dried seaweed	●		●														●	●		●		●						
フランク&ポテト	Sausage and french fries		●																		●								
子持ちししゃもフライ	Breaded and deep fried Shishamo smelt with eggs			●														●											
厚揚げにら玉炒め	Stir-fry of Chinese chives, eggs, and deep-fried tof	●	●	●														●											●
いかの唐揚げ	Deep-fried squid			●							●							●											
揚げ餅	Deep-fried rice cakes with sweet soy sauce			●														●											
サクサクチーズはんぺん	Crispy cheese flat fish cake outlet	●	●	●														●											
茄子のみぞれあんかけ	Deep-fried eggplants with thick grated radish sauc			●														●											
ミニカレー春巻	Spring roll with curr			●														●	●	●	●								
あまから揚げ茄子	Sweet and spicy fried eggplant	●	●	●														●											
肉団子	Meatball		●	●														●	●										
チキンレバー生姜煮	Simmered chicken liver, ginger flavored			●														●	●										
甘えびクリームコロッケ	Creamy croquette with red shrimp		●	●	●													●	●							●			
男爵コロッケ牛肉入り	Croquette with Danshaku potato and minced beef	●	●	●											●			●	●										
紅ずわい蟹クリームコロッケ	Creamy croquette with crab meat		●	●														●	●										
スタミナ豆腐	Chilled tofu with garlic flavored Chinese sauce			●														●							●				●
副菜120円未満	Side dish less than 120 yen																												
ねばねばサラダ	Sticky salad with okra, grated yam, and makabu seaweed			●														●	●						●				
じゃこおくらスライス	Sliced okra with dried small fish			●														●	●										
10品目のきんぴら	10 ingredient stir fry with soy sauce and sugar			●														●	●										●
ささがきごぼうの金平	Thinly shaved burdock stir fry in soy sauce and sugar		●	●														●	●										●
シャキシャキ蓮根金平	Crunchy lotus root stir fry in soy sauce and sugar			●														●	●										●
じゃこ大根おろし	Grated radish with dried small fish																	●											
なめ茸大根おろし	Grated radish with nametake mushroom			●														●											
胡瓜とわかめじゃこの酢の物	Cucumber, wakame seaweed, and dried small fish dressed with sweet vinegar sauce																	●											
蒸し鶏ときくらげの酢の物	Steamed chicken and cloud ear mushroom dressed with sweet vinegar source	●	●	●														●	●						●	●			●
鶏肉と春雨中華サラダ	Chicken and vermicelli noodle salad, Chinese style	●	●	●														●	●		●				●	●			●
柚子づくし春雨サラダ	Vermicelli salad with citrus vinaigrette	●	●	●														●				●							●
ほうれん草ともやしナムル	Korean vegetable salad with spinach and bean sprouts			●														●							●				●
明太ごぼうサラダ	Spicy cod roe and burdock salad	●	●	●														●											
北海道明太ポテトサラダ	Hokkaido potato salad mixed with spicy cod roe	●	●	●														●											
ハムとチーズのポテトサラダ	Ham and cheese potato salad	●	●															●	●		●								
ベーコンチーズポテトサラダ	Bacon and cheese potato salad	●	●															●	●		●				●	●			
さつまいもとりんごのマカロニサラダ	Macaroni salad with sweet potato and apple	●	●	●														●							●	●			
長芋の梅肉おかつ和え	Chinese yam dressed with pickled plum and dried bonito flak			●														●						●					

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大根と厚揚げの煮物きのこ入り	Simmered radish, thick fried tofu, and mushroom		●	●														●												
ひじきと蓮根の煮物きのこ入り	Simmered hijiki seaweed, lotus root, and mushroom		●	●														●												
おくらだしもずく和え	Okra and mozuku seaweed dressed with Dashi			●													●	●												
玉子豆腐	Egg flavored tofu	●		●													●	●												
枝豆入りひじき煮	Simmered hijiki seaweed with edamame soy beans		●	●														●												
五目ひじき煮	Hijiki seaweed simmered with assorted vegetables		●	●											●			●	●											
法蓮草のたまごとし	Scrambled eggs with spinach	●	●	●													●	●			●									
具だくさん卵の花	Soy bean flakes simmered with various ingredients		●	●													●	●												
おくらごま和え	Okra dressed with sesame seeds		●	●													●	●	●										●	
ごごろ野菜炊き合わせ	Lotus, burdock, and carrot simmered in fish-based sauce.		●	●														●												
小松菜と揚げの煮浸し	Simmered fried tofu and mustard spinach (komatsuna)			●														●												
巣ごもりたまご	Poached egg on a bed of vegetables	●		●													●	●												
おくら巣籠り卵	Poached egg on the bed of okra	●		●													●	●												
大学芋	Caramelized deep fried sweet potato																													
玉子焼き	Japanese omelet	●		●														●												
かぼちゃ煮	Simmered pumpkin			●													●	●												
法蓮草	Boiled spinach																													
こうや豆腐	Freeze dried tofu cooked in mild soy sauce			●														●												
エッグマカロニサラダ	Egg and macaroni salad	●	●	●														●												
納豆	Natto, fermented soy beans			●														●												
豆腐	Chilled tofu																	●												
スープ	soup																													
味噌汁	Miso soup																	●												
スタミナスープ	Chicken broth soup with pork, eggs, and vegetables	●																	●		●								●	
温かい種	Warm noodles																													
担々麺	Ramen noodles with sesame and chili soup	●	●	●														●			●								●	
とんこつラーメン	Tonkotsu ramen noodles (pork based white soup)	●	●	●													●	●			●								●	
醤油ラーメン	Soy sauce flavored ramen noodles	●		●														●	●		●				●				●	
天ぷらうどん	Tempura Udon noodles	●		●	●												●	●											●	
天ぷらそば	Tempura buckwheat noodles	●		●	●		●										●	●											●	
きつねうどん	Udon noodles with sweet tofu			●													●	●												
きつねそば	Buckwheat noodles with sweet tofu	●		●			●										●	●												
若布うどん	Seaweed udon noodles			●													●	●												
若布そば	Seaweed buckwheat noodles	●		●			●										●	●												
かけうどん	Simple udon noodles			●													●	●												
かけそば	Simple buckwheat noodles	●		●			●										●	●												
肉うどん	Beef udon noodles	●	●	●											●		●	●											●	
肉そば	Beef buckwheat noodles	●	●	●			●								●		●	●											●	
ごぼう天うどん	Burdock tempura Udon noodles			●													●	●											●	
ごぼう天そば	Burdock tempura buckwheat noodles	●		●			●										●	●											●	

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デザート	dessert																												
ぶどうのゼリーナタデココ入り	Grape jelly with nata de coco																												
ふじりんごのゼリー	Fuji apple jelly																						●		●				
フルーツ杏仁豆腐	Almond jelly with mandarin, yellow peach, and kiwi fruit		●										●					●					●			●			
京都宇治抹茶パヴァロア	Bavarian cream flavored with Uji Macha green tea from Kyoto		●															●											
フルーツカスタードプリン	Fruit and custard pudding	●	●										●					●								●			
パannaコッタMIXベリー	Panna cotta with berry sauce		●																							●			
つぶつぶ柚子ゼリー	Yuzu jelly with pulp												●																
アセロラゼリー&フルーツ	Acerola jelly and fruit												●					●									●		
コーヒーゼリー	Coffee jelly with whipped cream		●															●									●		
フルーチェストロベリー	"Fruche" creamy yogurt, strawberry		●																						●				
フルーチェミックスベリー	Fruche creamy yogurt, mixed berry		●																				●		●				
フルーチェオレンジ	"Fruche" creamy yogurt, orange		●									●													●				
フルーツヨーグルト	Fruit yogurt		●																	●			●						
チョコレートプリン	Chocolate Flan	●	●															●							●	●			