

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	アレルギー	牛肉	豚肉	鶏肉	ゼラチン	魚介類	かに	そば	ごま	あさり	いくら	わかさし	わかぜ	卵	牛乳	小麦	そば	落花生	オレンジ	リンゴ	クルミ	大豆	バナナ	もも	いちじく	りんご	現金	1J	
アレルギー	Menu name	Beef	Pork	Chicken	Gelatin	Seafood	Crab	Shrimp	Squid	Abalone	Salmon roe	Salmon	Mackerel	Egg	Milk	Wheat	Buckwheat	peanuts	Orange	Kiwi fruit	Walnuts	Soy beans	banana	Matsutake mushroom	Peach	Yam	Apple	Cashew nuts	Sesame
メニュー名	アレルギー	allergic																											
ごはん・カレー・丼		Rice, curry, bowl																											
ライスM	Steamed white rice (M)																												
きのこごはん芽玄米入りM	Sprouted brown rice cooked with mushroom (M)			●								●										●							
鶏ごぼう五穀ごはんM	Five grain rice cooked with chicken and burdock (M)			●								●										●							
マイルドカレーM	Beef curry and rice, mildly spiced, medium size	●	●	●												●						●				●		●	
カレーライスM	Curry sauce on rice (M)	●		●	●										●							●					●	●	
豚塩カルビ焼肉丼M	Salted pork rib rice bowl, Korean style (M)		●	●								●		●	●	●						●						●	
炭火焼鳥丼M	Char-broiled chicken with a sweet and savory sauce rice bowl medium size			●								●		●	●	●						●						●	
テリヤキチキンカツ丼M	Teriyaki chicken and cheese cutlet rice bowl (M)		●	●								●		●	●	●						●						●	
牛丼M	Beef rice bowl (M)	●										●				●						●					●	●	
洋食屋さんのハヤシライスM	Hashed meat and rice (M)	●		●												●						●					●	●	
チキンカツ卵とじ丼M	Breaded chicken cutlet rice bowl with egg and starchy thick sauce (M)			●								●		●	●	●						●						●	
麻婆丼M	Mapo tofu rice bowl (M)		●	●												●						●						●	
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		●	●	●									●	●	●						●					●		
ハンバーグとささみカツ	Hamburger steak & breaded and deep fried chicken tender	●		●	●									●	●	●						●						●	
ハンバーグと若鶏醤油香り揚げ	Hamburger steak & soy sauce flavored fried spring chicken	●	●	●	●		●	●						●	●	●						●						●	
えびカツと若鶏醤油香り揚げ	Breaded & deep fried shrimp and soy sauce flavored fried spring chicken		●	●	●		●	●						●	●	●						●						●	
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コロッケ	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		●	●	●									●	●	●						●						●	
ハンバーグとハーブ唐揚げ	Hamburger steak & deep fried chicken, herb flavored	●	●	●	●									●	●	●						●					●		
唐揚げエビフライウィンナー	Fried chicken, breaded deep fried shrimp, and sausage combo		●	●										●	●	●						●						●	
主菜250円以上		Main course 250 yen or more																											
えびカツ卵とじあんかけ	Breaded deep fried shrimp with scrambled eggs and thick sauce on top							●					●	●		●						●						●	

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アレルギー メニュー名	Menu name	Beef	Pork	Chicken	Gelatin	Seafood	Crab	Shrimp	Squid	Abalone	Salmon roe	Salmon	Mackerel	Eggs	Milk	Wheat	Buckwheat	peanuts	Orange	Kiwi fruit	Walnuts	Soy beans	banana	Matsutake mushroom	Peach	Yam	Apple	Sesame
コースとんかつ	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)		●	●	●																						●	
豚肉と小松菜あっさり炒め	Pork and Japanese mustard spinach stir fry		●									●															●	
ステーキハンバーグ	Hamburger steak	●	●	●	●									●	●													
ハンバーグ照焼ベッパーソース	Teriyaki hamburger steak with pepper sauce	●	●	●									●	●	●													
ハンバーグミートソース	Hamburger steak with meat sauce	●	●		●									●	●													
和風ハンバーグおろしソース	Hamburger steak with grated radish sauce	●	●		●									●	●													
グレイビーハンバーグ	Juicy hamburger with demi-glace sauce	●	●	●	●									●	●													
豆腐ハンバーグ 柚子あんかけ	Tofu hamburger steak with citrus thick sauce		●	●										●												●	●	
ささみカツ卵とじあんかけ	Breaded chicken tender cutlet with scrambled eggs and thick sauce over			●								●		●	●													
チキン竜田甘辛ソース	Hot and sweet flavored fried chicken			●										●	●													
チキン南蛮	Fried chicken, sweet and sour flavored			●										●	●												●	
カマンベールチキンカツ	Breaded chicken cutlet with camanbert cheese		●	●										●	●												●	
豚肉とキャベツのスタミナ煮	Simmered pork and vegetables seasoned with soy sauce	●	●																									
豚肉と厚揚げの中華うま煮	Chinese style pork and thick fried tofu braised with vegetable thick sauce		●																								●	
とろさばの照り焼き	Fatty mackerel broiled with soy sauce											●																
銀ひらすの西京焼き	Grilled miso marinated amberjack																											
氷温熟成鯖の塩焼き	Mackerel aged at ice temperature, salted and grilled											●																
銀鮭の塩焼き	Broiled salmon seasoned with salt											●																
主菜(副菜) 150円以上		Main dish (side dish) 150 yen or more																										
テリヤキチキンサラダ	Teriyaki chicken salad			●	●									●	●	●												
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			●										●	●	●											●	
白身魚の野菜南蛮あんかけ	White meat fish with vegetable thickened sweet and sour sauce																											
さわらの西京焼き	Spanish mackerel marinated in miso and grilled																											
さっくりあじフライ	Deep-fried horse mackerel													●														
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								●					●														
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	●	●																								●	
豚レバーにらもやし	Stir fried pork liver with Chinese chives and soy bean sprouts		●																								●	
真いかの唐揚げ	Deep fried squid								●																			

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茄子挟み天おろしソース	Eggplant tempura stuffed with chicken hamburger with tempura sauce			●										●	●	●						●							
かにと豆腐のふんわり天	Fluffy tempura with crab meat and tofu		●		●		●							●	●	●						●							
豚天甘露	Pork tempura and garlic scape stir-fried in sweet soy sauce		●											●	●	●						●							●
おくらベーコン巻き天	Bacon wrapped okra tempura		●	●										●	●	●						●							
副菜150円未満	Side dish less than 150 yen																												
あじの南蛮漬け	Deep fried horse mackerel marinated in sweet vinegar sauce															●						●							
あまから揚げ茄子	Sweet and spicy fried eggplant													●	●	●						●							
サクサクチーズはんぺん	Crispy cheese flat fish cake outlet				●									●	●	●						●							
海鮮はしまき	Japanese savory pancake with seafood on a stick		●	●										●	●	●						●		●					
さんまみぞれ煮梅だれ	Simmered saury cooked with grated radish in plum sauce															●						●							●
チキンレバー生姜煮	Simmered chicken liver, ginger flavored			●												●						●							
肉団子	Meatball			●											●	●						●							
チーズクリームコロッケ	Creamy cheese croquette				●										●	●						●							
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	●												●	●	●						●							
スタミナ豆腐	Chilled tofu with garlic flavored Chinese sauce															●						●				●			●
ねばねばサラダ	Sticky salad with okra, grated yam, and makabu seaweed															●						●			●				
副菜100円未満	Side dish less than 100 yen																												
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			●	●											●						●				●			●
焼豚入り黒酢春雨中華サラダ	Roast pork and vermicelli noodle salad with black vinaigrette dressing, 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													●	●	●						●							
さつまいもとりんごのマカロニサラダ	Macaroni salad with sweet potato and apple													●	●	●						●				●			
ハムとチーズのポテトサラダ	Ham and cheese potato salad		●	●										●	●	●						●							

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メニュー名	Menu name	Beef	Pork	Chicken	Gelatin	Seafood	Crab	Shrimp	Squid	Abalone	Salmon roe	Salmon	Mackerel	Egg	Milk	Wheat		peanuts	Orange	Kiwi fruit	Walnuts	Soy beans	banana	Matsutake mushroom	Peach	Yam	Apple	Cashew nuts	Sesame
ベーコンチーズポテトサラダ	Bacon and cheese potato salad		●		●	●								●	●							●							
かに風味マカロニサラダ	Fake crab, vegetables and macaroni salad, mayonnaise flavored				●	●	●	●						●	●	●						●					●		
こうや豆腐	Freeze dried tofu cooked in mild soy sauce													●		●						●							
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	●		●											●	●						●							
法蓮草の白和え	Spinach dressed with tofu paste, sesame seeds, and white miso paste														●	●						●							●
おくらごま和え	Okra dressed with sesame seeds			●									●		●	●						●							●
具だくさん卵の花	Soy bean flakes simmered with various ingredients												●		●	●						●							
しめじ入り卵の花	Simmered soy bean flakes with shimeji mushroom												●		●	●						●							
ごろ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)														●	●						●							
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														●	●						●							
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															●						●							
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		●	●										●								●							●
おでん Oden																													
おでんたまご	Oden, egg												●	●		●						●							
おでんこんにゃく	Oden, yam												●	●		●						●							
おでん絹ごし厚揚げ	Oden, soft, thick fried tofu												●	●		●						●							
おでんロールキャベツ	Oden, cabbage roll		●	●									●	●		●						●							
おでん大根	Oden, daikon radish												●	●		●						●							
おでん竹輪	Oden, simmered fish cake		●										●	●		●						●							
おでん白滝	Oden and yam noodles												●	●		●						●							
おでんチーズつくね串	Cheese chicken meat ball simmered on skewers		●	●									●	●	●	●						●							
温かい麺 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		●	●	●									●	●	●						●							●



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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	Udon noodles with beef	●												●								●						
肉そば	Buckwheat noodles with beef	●												●								●						
デザート	dessert																											
フルーツマンゴープリン	Fruit mango pudding																					●						
京都宇治抹茶パバロア	Bavarian cream flavored with Uji Macha green tea from Kyoto																					●						
ルビーフルーツゼリー	Ruby grapefruit jelly																		●									
アセロラジュレのブラマンジェ	Acerola blancmange																					●						
フルーツカスタードプリン	Fruit and custard pudding													●								●						
パannaコッタMI Xベリー	Panna cotta with berry sauce				●																							
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																						●					
つぶつぶ柚子ゼリー	Yuzu jelly with pulp																						●					
ライチジュレとマンゴー	Liche gel?e and mango pudding																						●					
はちみつレモンゼリー	Honey and lemon flavored jelly																					●						
ミルク寒天ヨーグルト	Milk and yogurt flavored seaweed based jelly													●								●						
フルーチェストロベリー	"Furuche" creamy yogurt, strawberry																										●	
フルーチェミックスベリー	Fruche creamy yogurt, mixed berry																						●				●	
フルーツヨーグルト	Fruit yogurt																						●					
チョコミルクプリン	Crème caramel flavored with chocolate milk																					●					●	