

組合せ献立：【令和 8年 8月28日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 8月28日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 8月31日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名        | 食品名              | 可食量 (g)          | アレルギー食材 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|------------|------------------|------------------|---------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|--|--|
|            |                  | 中学生              | 小麦      | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |  |  |
| 委託金芽米      | 委託金芽米 低 65 g 個   |                  |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中 75 g 個   |                  |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 高 85 g 個   |                  |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中学 100 g 個 | 100.00           |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 牛乳         | 普通牛乳 本           | 206.00           |         |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |                  |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| けんちん汁      | 絹ごし豆腐 丁          | 24.00            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |  |  |
|            | うすあげ k g         | 3.60             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |  |  |
|            | つきこん k g         | 12.00            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 大根 ( k g         | 24.00            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 冷凍里いも (乱切り) 袋    | 12.00            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | ささがきごぼう k g      | 12.00            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | にんじん k g         | 6.00             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 青ねぎ k g          | 4.80             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 淡口しょうゆ 本         | 3.60             | ●       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |  |  |
|            | 塩 (伯方の塩) 袋       | 0.12             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | だし昆布 K g         | 1.20             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | だしがつお k g        | 4.80             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |  |  |
|            | だし汁              | 114.00           |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | (手作り) 鶏肉の唐揚げ     | 鶏皮付きもも肉 2cm角 k g | 84.00   |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |  |  |
|            |                  | 土しょうが ) g        | 0.36    |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 酒 本        |                  | 1.20             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 濃口しょうゆ 本   |                  | 2.40             | ●       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |  |  |
| みりん 本      |                  | 1.20             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 塩 (伯方の塩) 袋 |                  | 0.12             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 片栗粉 袋      |                  | 14.40            |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 天ぷら油 缶     |                  | 8.40             |         |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |

組合せ献立：【令和 8年 8月31日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

| 料理名        | 食品名            | 可食量 (g)   |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|------------|----------------|-----------|-------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|--|--|
|            |                | 中学生       | 小麦    | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |  |  |
| 委託玄米ごはん    | 委託金芽米 低 60g 個  |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | スーパー玄米 低 6g    |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中 70g 個  |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | スーパー玄米 中 7g    |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 高 80g 個  |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | スーパー玄米 高 8g    |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中学 90g 個 | 90.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | スーパー玄米 中学 9g   | 9.00      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 発酵乳 (コアコア) | コアコア ml 本      | 180.00    |       |    |   |   | ●   |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 肉団子の煮物     | ミートボール kg      | 54.00     | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    | ●        |    |      |     |      |    |  |  |
|            | 生しいたけ kg       | 6.00      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |  |  |
|            | たけのこ 水煮 kg     | 12.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | たまねぎ kg        | 48.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | にんじん kg        | 18.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 白菜 kg          | 18.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 青ねぎ kg         | 4.80      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | だしの素 袋         | 1.20      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 砂糖 袋           | 2.40      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 濃口しょうゆ 本       | 6.00      | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |  |  |
|            | みりん 本          | 0.60      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | サラダ油 本         | 0.36      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 片栗粉 袋          | 2.40      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 水              | 78.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | じゃことピーマンの甘辛炒め  | 糸こんにゃく kg | 15.60 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                | ピーマン kg   | 12.00 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| たまねぎ kg    |                | 18.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| ちりめんじゃこ kg |                | 8.40      |       |    |   |   |     | ●  | ●  |     |       |     | ●  |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 冷凍ホールコーン 袋 |                | 18.00     |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| サラダ油 本     |                | 0.60      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 砂糖 袋       |                | 3.00      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 濃口しょうゆ 本   |                | 2.16      | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |  |  |
| 酒 本        |                | 0.60      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 七味唐辛子 本    |                | 0.01      |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    | ●  |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                |           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |

組合せ献立：【令和 8年 9月 1日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 2日 水曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 3日 木曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名        | 食品名              | 可食量 (g)   |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|------------|------------------|-----------|------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|--|--|
|            |                  | 中学生       | 小麦   | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |  |  |
| 委託金芽米      | 委託金芽米 低 65 g 個   |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中 75 g 個   |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 高 85 g 個   |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 委託金芽米 中学 100 g 個 | 100.00    |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 牛乳         | 普通牛乳 本           | 206.00    |      |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 肉じゃが       | 牛肉 もも k g        | 42.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         | ●       |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | じゃがいも・男爵 k g     | 60.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | にんじん k g         | 18.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | たまねぎ k g         | 36.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | つきこん k g         | 12.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | グリーンピース 冷凍 袋     | 6.00      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 冷凍厚揚げ（サイコロ） 袋    | 18.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |  |  |
|            | 砂糖 袋             | 4.80      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 濃口しょうゆ 本         | 6.00      | ●    |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |  |  |
|            | みりん 本            | 2.40      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | だしの素 袋           | 0.48      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 酒 本              | 1.20      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | サラダ油 本           | 0.60      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 水                | 36.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | わかめの酢の物          | 乾燥わかめ k g | 0.48 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| きゅうり k g   |                  | 36.00     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| サラダチキン パック |                  | 14.40     |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |    |  |  |
| 個袋ポン酢 個    |                  | 7.00      | ●    |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |  |  |
| 白身魚の天ぷら    | 白身魚の天ぷら 個        | 40.00     | ●    |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            | 天ぷら油 缶           | 4.00      |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|            |                  |           |      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |

組合せ献立：【令和 8年 9月 4日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 4日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 7日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 7日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 8日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 8日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 9日 水曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月 9日 水曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月10日 木曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月11日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

|             |                 | 可食量 (g)         |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|-------------|-----------------|-----------------|-------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|
| 料理名         | 食品名             | 中学生             | 小麦    | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |
|             |                 |                 |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 食パン         | 食パン 個           | 76.00           | ●     |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 牛乳          | 普通牛乳 本          | 206.00          |       |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| ABCスープ      | ボンレスハム k g      | 24.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |    |
|             | たまねぎ k g        | 24.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | にんじん k g        | 6.00            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | キャベツ k g        | 18.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | ほうれん草 k g       | 12.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | アルファベットマカロニ k g | 6.00            | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | サラダ油 本          | 0.60            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | スープストック 袋       | 1.80            | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   | ●  |          |    |      |     |      |    |
|             | 塩（伯方の塩）袋        | 0.06            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | コショウ 缶          | 0.02            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | 淡口しょうゆ 本        | 1.20            | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |
|             | 水               | 132.00          |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | 鶏肉のバーベキューソテー    | 鶏もも肉 2 c m角 k g | 54.00 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |    |
| たまねぎ k g    |                 | 18.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| もやし k g     |                 | 9.60            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| パプリカ（黄） k g |                 | 6.00            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 生にんにく 個     |                 | 0.36            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 土しょうが g     |                 | 0.36            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| りんごピューレ 袋   |                 | 7.20            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     | ●    |    |
| 酒 本         |                 | 1.20            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 濃口しょうゆ 本    |                 | 3.60            | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |
| 砂糖 袋        |                 | 1.44            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 塩（伯方の塩）袋    |                 | 0.12            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| コショウ 缶      |                 | 0.01            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| サラダ油 本      |                 | 0.36            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| わかめとコーンのサラダ | 乾燥わかめ k g       | 0.48            |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | きゅうり k g        | 24.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | 冷凍ホールコーン 袋      | 24.00           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|             | 個袋和風醤油ドレッシング 個  | 10.00           | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |

組合せ献立：【令和 8年 9月14日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月15日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月15日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月16日 水曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月17日 木曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名        | 食品名              | 可食量 (g) | アレルギー原 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|------------|------------------|---------|--------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|
|            |                  |         | 小麦     | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |
| 委託金芽米      | 委託金芽米 低 65 g 個   |         |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 委託金芽米 中 75 g 個   |         |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 委託金芽米 高 85 g 個   |         |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 委託金芽米 中学 100 g 個 | 100.00  |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 牛乳         | 普通牛乳 本           | 206.00  |        |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            |                  |         |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 豚肉と豆腐のキムチ煮 | 絹ごし豆腐 丁          | 48.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |
|            | 豚肉 モモ (L) kg     | 24.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |    |
|            | 白菜 ) kg          | 36.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | たまねぎ ( ) kg      | 36.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 有機にんじん ) kg      | 18.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | たけのこ 水煮 kg       | 12.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 生しめじ ) kg        | 4.80    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 土しょうが g          | 0.60    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 生にんにく 個          | 0.24    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 青ねぎ ( ) kg       | 6.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 白菜キムチ 袋          | 12.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | りんごピューレ 袋        | 1.20    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      | ●   |      |    |
|            | コチジャン 本          | 1.20    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |
|            | 中華スープ 袋          | 1.20    | ●      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    |    | ●  | ●  |     |    |          |    |      |     |      |    |
|            | 濃口しょうゆ 本         | 4.80    | ●      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |
|            | 酒 本              | 0.60    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 砂糖 袋             | 0.96    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            |                  | ごま油 本   | 0.60   |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    |    |    |    |     |    |          |    |      |     |      |    |
|            |                  | 水       | 24.00  |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|            | 春巻               | 春巻 35 g | 35.00  | ●  |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    | ●        |    |      |     |      |    |
| 天ぷら油 缶     |                  |         |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |

組合せ献立：【令和 8年 9月18日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月18日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月24日 木曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名          | 食品名              | 可食量 (g)      | 中学生   |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|--------------|------------------|--------------|-------|----|----|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|---------|----|------|-----|------|----|--|
|              |                  |              | 小麦    | そば | 卵  | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシニューナツ | キウイフルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナツ | もも | やまいも | りんご | ゼラチン | 松茸 |  |
| 委託金芽米        | 委託金芽米 低 65g 個    |              |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | 委託金芽米 中 75g 個    |              |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | 委託金芽米 高 85g 個    |              |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | 委託金芽米 中学 100g 個  | 100.00       |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
| 泉州産たまねぎのみそ汁  | 泉州たまねぎ ( ) kg    | 36.00        |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | じゃがいも・メーク k g    | 24.00        |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | えのきたけ k g        | 4.80         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | うすあげ k g         | 4.80         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |         |    |      |     |      |    |  |
|              | かまぼこ k g         | 12.00        |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | 乾燥わかめ k g        | 0.48         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | オーガニックみそ (白) パック | 3.60         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |         |    |      |     |      |    |  |
|              | オーガニックみそ (赤) パック | 6.00         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |         |    |      |     |      |    |  |
|              | だし昆布 K g         | 1.20         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | だしがとお k g        | 4.80         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |         |    |      |     |      |    |  |
|              | だし汁              | 120.00       |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | くろだいのから揚げ        | くろだい 角切り k g | 60.00 |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              |                  | 濃口しょうゆ 本     | 4.80  | ●  |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |         |    |      |     |      |    |  |
| 土しょうが ) g    |                  | 1.20         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
| 酒 本          |                  | 1.80         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
| 片栗粉 袋        |                  | 12.00        |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
| 天ぶら油 缶       |                  | 6.00         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              |                  |              |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
| 泉州産ねぎと豚肉の炒め物 | 豚肉 モモ ) k g      | 24.00        |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |         |    |      |     |      |    |  |
|              | ごま油 本            | 0.36         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | 泉州産青ねぎ l) k g    | 8.40         |       |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |
|              | つきこん k g         | 12.00        |       |    | </ |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |         |    |      |     |      |    |  |

組合せ献立：【令和 8年 9月25日 金曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名           | 食品名             | 可食量 (g) | アレルギー食材 |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|---------------|-----------------|---------|---------|----|----|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|
|               |                 |         | 小麦      | そば | 卵  | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |
| 委託金芽米         | 委託金芽米 低 65g 個   |         |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 委託金芽米 中 75g 個   |         |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 委託金芽米 高 85g 個   |         |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 委託金芽米 中学 100g 個 | 100.00  |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 牛乳            | 普通牛乳 本          | 206.00  |         |    |    | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 月見だんご汁        | かまぼこ kg         | 12.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 冷凍白玉餅 袋         | 24.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |
|               | ささがきごぼう kg      | 6.00    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | にんじん kg         | 12.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 生しいたけ kg        | 2.40    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 大根 kg           | 24.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | つきこん kg         | 12.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 青ねぎ kg          | 4.80    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 白みそ kg          | 20.40   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |
|               | 塩 (伯方の塩) 袋      | 0.12    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | だしがつお kg        | 4.80    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |
|               | だし昆布 kg         | 0.60    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | だし汁             | 120.00  |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
|               | 里芋のそぼろ煮         | 鶏ミンチ kg | 24.00   |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |
| 冷凍里いも (乱切り) 袋 |                 | 36.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| にんじん kg       |                 | 12.00   |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 生三度豆 kg       |                 | 4.80    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 土しょうが g       |                 | 0.36    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| サラダ油 本        |                 | 0.36    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 酒 本           |                 | 0.60    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| 砂糖 袋          |                 | 2.40    |         |    |    |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |
| みりん 本         |                 | 0.60    |         |    | </ |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |

| 組合せ献立：【令和 8年 9月28日 月曜日】 Aブロック |                    |         | 食物アレルギーチェックリスト |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     | 泉大津市 中学校 |    |  |  |
|-------------------------------|--------------------|---------|----------------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|----------|----|--|--|
| 料理名                           | 食品名                | 可食量 (g) |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               |                    | 中学生     | 小麦             | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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     | 松茸 |  |  |
| 委託金芽米                         | 委託金芽米 低 6 5 g 個    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 委託金芽米 中 7 5 g 個    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 委託金芽米 高 8 5 g 個    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 委託金芽米 中学 1 0 0 g 個 | 100.00  |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               |                    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
| 牛乳                            | 普通牛乳 本             | 206.00  |                |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
| みそけんちん汁                       | 絹ごし豆腐 丁            | 24.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |          |    |  |  |
|                               | 冷凍里いも (乱切り) 袋      | 18.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 大根 k g             | 24.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | にんじん k g           | 12.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 小松菜 ( k g          | 12.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 白ねぎ ( k g          | 3.60    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | うすあげ k g           | 4.80    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |          |    |  |  |
|                               | つきこん k g           | 12.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | みりん 本              | 1.20    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 合みそ k g            | 9.60    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |          |    |  |  |
|                               | だしがつお k g          | 4.80    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |          |    |  |  |
|                               | だし昆布 K g           | 1.20    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | だし汁                | 96.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               |                    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
| つくねとれんこんの生姜あんかけ (オープン         | とりつくねボール K g       | 48.00   | ●              |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |          |    |  |  |
|                               | 土しょうが ( g          | 0.60    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | れんこん )             | 12.00   |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | みりん 本              | 1.56    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | 濃口しょうゆ 本           | 1.56    | ●              |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |          |    |  |  |
|                               | 片栗粉 袋              | 0.24    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               | だし汁                | 6.00    |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
|                               |                    |         |                |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |          |    |  |  |
| 個袋ふりかけ (おかか)                  | 個袋ふりかけ (おかか) 個     | 2.80    | ●              |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    | ●  | ●  |    |     |    |          |    |      |     |          |    |  |  |

組合せ献立：【令和 8年 9月28日 月曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

[illegible]

組合せ献立：【令和 8年 9月29日 火曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名        | 食品名              | 可食量 (g)  | アレルギー原 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|------------|------------------|----------|--------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|--|
|            |                  |          | 小麦     | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |  |
| 委託金芽米      | 委託金芽米 低 65g 個    |          |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 委託金芽米 中 75g 個    |          |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 委託金芽米 高 85g 個    |          |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 委託金芽米 中学 100g 個  | 100.00   |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| 発酵乳 (ジョア)  | ジョア (ブルーベリー) g 本 | 125.00   |        |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| くずきりと鶏肉の煮物 | くずきり 乾 kg        | 3.60     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 絹ごし豆腐 丁          | 36.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |    |  |
|            | 鶏もも肉 1.5cm角 kg   | 30.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |    |  |
|            | たまねぎ ) kg        | 36.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | にんじん kg          | 12.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 白菜 ' kg          | 36.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 青ねぎ kg           | 6.00     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 淡口しょうゆ 本         | 6.00     | ●      |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |  |
|            | 塩 (伯方の塩) 袋       | 0.12     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | 酒 本              | 1.20     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | だしがつお kg         | 2.40     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |  |
|            | だし昆布 Kg          | 0.60     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | だし汁              | 72.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
|            | ちくわとごぼうのきんぴら     | 焼きちくわ kg | 12.00  |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| ささがきごぼう kg |                  | 30.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| にんじん kg    |                  | 12.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| つきこん kg    |                  | 12.00    |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| 白ごま kg     |                  | 1.20     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    |    |    |    |     |    |          |    |      |     |      |    |  |
| ごま油 本      |                  | 0.36     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    | ●  |    |    |    |    |     |    |          |    |      |     |      |    |  |
| 砂糖 袋       |                  | 1.80     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |
| みりん 本      |                  | 1.20     |        |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |

組合せ献立：【令和 8年 9月30日 水曜日】 Aブロック

## 食物アレルギーチェックリスト

泉大津市 中学校

| 料理名           | 食品名           | 可食量 (g)           |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|---------------|---------------|-------------------|-------|----|---|---|-----|----|----|-----|-------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|----|--|--|
|               |               | 中学生               | 小麦    | そば | 卵 | 乳 | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシューナッツ | キウイフルーツ | 牛肉 | ごま | 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 | 松茸 |  |  |
| 減量パン          | 減量パン 低 個      |                   | ●     |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 減量パン 中 個      |                   | ●     |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 減量パン 高 個      |                   | ●     |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 食パン 個         | 75.90             | ●     |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 牛乳            | 普通牛乳 本        | 206.00            |       |    |   | ● |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| インディアンスパゲティー  | カットスパゲティー k g | 36.00             | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | ベーコン (バラ) k g | 24.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |    |  |  |
|               | たまねぎ ) k g    | 36.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | にんじん k g      | 12.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | ピーマン ) k g    | 3.60              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 生しめじ k g      | 4.80              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | カレー粉 缶        | 0.48              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | スープストック 袋     | 1.20              | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    | ●  | ●   |    |          |    |      |     |      |    |  |  |
|               | ウスターソース 本     | 1.20              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | サラダ油 本        | 0.60              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 塩 (伯方の塩) 袋    | 0.24              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | コショウ 缶        | 0.02              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 白ワイン 本        | 1.20              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 鶏肉と野菜のオイル焼き   | 鶏もも肉1. 5 c m角 k g | 48.00 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |    |  |  |
|               |               | 冷凍ホールコーン 袋        | 12.00 |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| パプリカ (赤) k g  |               | 6.00              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| じゃがいも・メーク k g |               | 24.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| オリーブ油 本       |               | 1.80              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| 塩 (伯方の塩) 袋    |               | 0.30              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| コショウ 缶        |               | 0.02              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               |               |                   |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
| にんじんツナサラダ     | にんじん k g      | 24.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | まぐろ油漬 パック     | 18.00             |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 濃口しょうゆ 本      | 2.00              | ●     |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |    |  |  |
|               | オリーブ油 本       | 0.50              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | コショウ 缶        | 0.02              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 酢 本           | 0.72              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               | 塩 (伯方の塩) 袋    | 0.05              |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |
|               |               |                   |       |    |   |   |     |    |    |     |       |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |    |  |  |