



・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。

・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

・当食堂のフライ物は全て同じフライヤーで揚げております。

10・11・12月メニューアレルギー表



国立曽爾青少年自然の家



| 10月        | 5・11・17・23・29 | 特定原材料                                                                                           |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    | 特定原材料に準ずる品目 |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|------------|---------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 11月        | 4・10・16・22・28 |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 12月        | 4・10・16・22・28 |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 分類         | NO.2          | <div>小麦</div>  | <div>卵</div>  | <div>乳</div>  | <div>そば</div>  | <div>落花生</div>  | <div>えび</div>  | <div>かに</div>  | <div>くるみ</div>  | 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 |
| 朝食         | ボイルウィンナー      |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|            | スクランブルエッグ     | ●                                                                                               | ●                                                                                              | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|            | 野菜ときのこの蒸し和え   | ●                                                                                               | ●                                                                                              | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|            | マカロニサラダ       | ●                                                                                               | ●                                                                                              |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | 海藻ミックス        |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | 玉葱の味噌汁        |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | ごはん           |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | 納豆            | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | ふりかけ(28品目不使用) |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | たくあん          |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | コールスロー        |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | カーネルコーン       |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | 昼食            | 食パン                                                                                             | ●                                                                                              |                                                                                                | ●                                                                                               |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| いちごジャム     |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 卓上ケチャップ    |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 青じそドレッシング  |               | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳         |               |                                                                                                 |                                                                                                | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     | ●    |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー   |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     | ●    |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 豚骨ラーメン     |               | ●                                                                                               | ●                                                                                              |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     | ●    |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      | ●   |      |
| 菜めし        |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 揚げギョウザ     |               | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
| かぼちゃの煮物    |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |
| 豚入り野菜炒め    |               |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |
| 春雨サラダしそ風味  |               | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 杏仁フルーツ     |               |                                                                                                 |                                                                                                | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 夕食         | ごはん           |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | たくあん          |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | コールスロー        |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | 枝豆            |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | 卓上とんかつソース     |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | 青じそドレッシング     | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | 牛乳            |                                                                                                 |                                                                                                | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | ドリンクサーバー      |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | ひじきご飯         | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | 野菜とビーフンの中華炒め  |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|            | サバカレーカツ       | ●                                                                                               |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|            | ミートボール        | ●                                                                                               | ●                                                                                              | ●                                                                                              |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    | ●  | ●   |    | ●        |    |      |     |      |
|            | 塩肉じゃが         |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    |    |    |    |     | ●  |          |    |      |     |      |
| 豆のイタリアンサラダ | ●             |                                                                                                 |                                                                                                |                                                                                                |                                                                                                 |                                                                                                    |                                                                                                   |                                                                                                   |                                                                                                    |             |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |

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10・11・12 月メニューアレルギー表

国立曽爾青少年自然の家



| 10月          | 6・12・18・24・30 | 特定原材料         |              |              |               |                |               |               |                | 特定原材料に準ずる品目 |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|--------------|---------------|---------------|--------------|--------------|---------------|----------------|---------------|---------------|----------------|-------------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 11月          | 5・11・17・23・29 |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 12月          | 5・11・17・23    |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 分類           | NO.3          | <div>小麦</div> | <div>卵</div> | <div>乳</div> | <div>そば</div> | <div>落花生</div> | <div>えび</div> | <div>かに</div> | <div>くるみ</div> | 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 |
| 朝食           | 蒸し焼売          | ●             |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|              | 厚焼き玉子         | ●             | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|              | 切干大根          | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | ポテトサラダ        | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | 卵の花           | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    | ●  | ●  |    |     |    |          |    |      |     |      |
|              | 白菜の味噌汁        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | ごはん           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | 納豆            | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | ふりかけ(28品目不使用) |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | たくあん          |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | コールスロー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | カーネルコーン       |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | 昼食            | 食パン           | ●            |              | ●             |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| いちごジャム       |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 卓上ケチャップ      |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 青じそドレッシング    |               | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳           |               |               |              | ●            |               |                |               |               |                |             |     |    |     | ●    |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー     |               |               |              |              |               |                |               |               |                |             |     |    |     | ●    |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| たぬきうどん       |               | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| コーンライス       |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| チキンナゲット      |               | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| 和風マーボー茄子     |               | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| こんにゃくの甘辛炒め   |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 花野菜のイタリアンサラダ |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| パイン&みかん缶     |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 夕食           | ごはん           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | たくあん          |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | コールスロー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | 枝豆            |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | 卓上とんかつソース     |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | 青じそドレッシング     | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|              | 牛乳            |               |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | ドリンクサーバー      |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | カレー           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |
|              | 梅しそパスタ        | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|              | ハムカツ          | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|              | ホキの塩焼き        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    | ●  |    |    |    |    |     |    |          |    |      |     |      |
|              | 肉豆腐           | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    | ●  |    |    | ●  |    |     |    |          |    |      |     |      |
| パンプキンサラダ     | ●             | ●             | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |
| 蒟蒻ぶどうゼリー     |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| わかめの味噌汁      |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    | ●  |    |    |     |    |          |    |      |     |      |
| ごはん          |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| たくあん         |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| コールスロー       |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| カリフラワー       |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 卓上とんかつソース    |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 青じそドレッシング    | ●             |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳           |               |               | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー     |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用当日に、店頭のアレルゲン表示をご確認ください。  
・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。  
・当食堂のフライ物は全て同じフライヤーで揚げております。

[illegible]

- ・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルギー表示をご確認ください。
- ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。
- ・当食堂のフライ物は全て同いフライヤーで揚げております。

# 10・11・12月メニューアレルギー表



国立曽爾青少年自然の家



| 10月       | 2・8・14・20・26  | 特定原材料         |              |              |               |                |               |               |                | 特定原材料に準ずる品目 |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|-----------|---------------|---------------|--------------|--------------|---------------|----------------|---------------|---------------|----------------|-------------|-----|----|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 11月       | 1・7・13・19・25  |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 12月       | 1・7・13・19・25  |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 分類        | NO.5          | <div>小麦</div> | <div>卵</div> | <div>乳</div> | <div>そば</div> | <div>落花生</div> | <div>えび</div> | <div>かに</div> | <div>くるみ</div> | 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 |
| 朝食        | ボイルウィンナー      |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | スクランブルエッグ     | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|           | 野菜ときのこの蒸し和え   | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|           | マカロニサラダ       | ●             | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 卵の花           | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    | ●  | ●  |    |     |    |          |    |      |     |      |
|           | 玉葱の味噌汁        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 納豆            | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ふりかけ(28品目不使用) |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | カーネルコーン       |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 食パン           | ●             |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|           | いちごジャム        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 卓上ケチャップ   |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 青じそドレッシング | ●             |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳        |               |               | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー  |               |               |              |              |               |                |               |               |                |             |     |    | ●   |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 昼食        | かけうどん         | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 菜めし           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | メンチカツ         | ●             |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         | ●  |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|           | 和風マーボー茄子      | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 豚入り野菜炒め       |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |
|           | 花野菜のイタリアンサラダ  |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 杏仁フルーツ        |               |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 枝豆            |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 卓上とんかつソース     |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 青じそドレッシング     | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 牛乳            |               |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー  |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 夕食        | ハヤシライス        | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|           | バジルパスタ        | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | イワシ青のりフライ     | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 照焼きハンバーグ      | ●             |              | ●            |               |                |               |               |                |             |     |    |     |      |         |         | ●  |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|           | 塩肉じゃが         |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    | ●   |    |          |    |      |     |      |
|           | パンプキンサラダ      | ●             | ●            | ●            |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | いちごゼリー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | ほうれん草の味噌汁     |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | カリフラワー        |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 卓上とんかつソース     |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 青じそドレッシング     | ●             |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳        |               |               | ●            |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー  |               |               |              |              |               |                |               |               |                |             |     |    |     |      |         |         |    |    |    |    |    |    |     |    |          |    |      |     |      |

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# 10・11・12月メニューアレルギー表

国立曽爾青少年自然の家



| 10月       |               | 3・9・15・21・27  |              | 特定原材料        |               |                |               |               |                |       | 特定原材料に準ずる品目 |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|-----------|---------------|---------------|--------------|--------------|---------------|----------------|---------------|---------------|----------------|-------|-------------|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 11月       |               | 2・8・14・20・26  |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 12月       |               | 2・8・14・20・26  |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 分類        | NO.6          | <div>小麦</div> | <div>卵</div> | <div>乳</div> | <div>そば</div> | <div>落花生</div> | <div>えび</div> | <div>かに</div> | <div>くるみ</div> | アーモンド | あわび         | いか | いくら | オレンジ | カシューナッツ | 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 |
| 朝食        | ミートボール        | ●             | ●            | ●            |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|           | 厚焼き玉子         | ●             | ●            |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|           | 切干大根          | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ポテトサラダ        | ●             | ●            | ●            |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 海藻ミックス        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 白菜の味噌汁        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 納豆            | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ふりかけ(28品目不使用) |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | カーネルコーン       |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 食パン           | ●             |              | ●            |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|           | いちごジャム        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 卓上ケチャップ       |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 青じそドレッシング | ●             |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| 牛乳        |               |               | ●            |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
| ドリンクサーバー  |               |               |              |              |               |                |               |               |                |       |             |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 昼食        | 豚骨ラーメン        | ●             | ●            |              |               |                |               |               |                |       |             |    |     | ●    |         |      |    |    |    |    | ●  | ●  |     | ●  |          |    |      | ●   |      |
|           | コーンライス        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|           | 揚げギョウザ        | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|           | 大根と牛すじの煮物     | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      | ●  |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | こんにゃくの甘辛炒め    |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 春雨サラダしそ風味     | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | オレンジ          |               |              |              |               |                |               |               |                |       |             |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 枝豆            |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 卓上とんかつソース     |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 青じそドレッシング     | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 牛乳            |               |              | ●            |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | ドリンクサーバー      |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| 夕食        | ツナの混ぜごはん      |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 味噌チャプチェ       |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | れんこん肉詰めフライ    | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |          |    |      |     |      |
|           | さつま揚げ煮        | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 肉豆腐           | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      | ●  |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 豆のイタリアンサラダ    | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 蒟蒻ぶどうゼリー      |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | わかめの味噌汁       |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | ごはん           |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | たくあん          |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | コールスロー        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | カリフラワー        |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 卓上とんかつソース     |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|           | 青じそドレッシング     | ●             |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|           | 牛乳            |               |              | ●            |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー  |               |               |              |              |               |                |               |               |                |       |             |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |

- 都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用日当日に、店頭のアレルゲン表示をご確認ください。
- アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。
- 当食堂のフライ物は全て同じフライヤーで揚げております。