









1・2・3 月メニューアレルギー表



国立大雪青少年交流の家



| 1月 | | 1月 (2・8・14・20・26日) | | 特定原材料 | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | | |
|----------|------------------|---|---|---|---|---|---|---|---|-------------|-----|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|--|
| 2月 | | 2月 (1・7・13・19・25日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | | 3月 (3・9・15・21・27日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.1 |  |  |  |  |  |  |  |  | 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 | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | スクランブルエッグ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | スパゲティサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| 昼食 | 塩焼きそば | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 豚肉入り野菜炒め | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | ささみしそ巻きフライ | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | かぼちゃの煮物 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼうのイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コーン入り中華スープ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 夕食 | ハヤシライス | ● | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | |
| | スパゲティナポリタン | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 野菜とチキンの中華煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | プチクレープ (チョコ) | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 醤油 (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |









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1・2・3 月メニューアレルギー表



国立大雪青少年交流の家



| 1月 | 1月 (3・9・15・21・27日) | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | | |
|----------|---------------------|---|---|---|---|---|---|---|---|-------------|-----|----|-----|------|------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|
| 2月 | 2月 (2・8・14・20・26日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | 3月 (4・10・16・22・28日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.2 |  |  |  |  |  |  |  |  | アーモンド | あわび | いか | いくら | オレンジ | カシュー | 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 | もも | やまいも | りんご | ゼラチン | |
| 朝食 | チキンナゲット | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | きんぴら | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 昼食 | 和風ツナスパゲティ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 野菜とウインナーのポトフ | ● | | | | | | | | | | | | | | | | ● | | | | ● | | ● | | | | | | |
| | ハムカツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | キャベツのペペロンソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめスープ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 夕食 | カレー | ● | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | |
| | ソース焼きそば | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | | |
| | デミグラスソースハンバーグ | ● | | ● | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | |
| | 大根のそぼろあん | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | スパゲティサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ブチクレープ (イチゴ) | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 醤油 (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |









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1・2・3月メニューアレルギー表



国立大雪青少年交流の家



| 1月 | 1月 (4・10・16・22・28日) | 特定原材料 | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | |
|----------|---------------------|---|---|---|---|---|---|---|---|-------|-------------|----|-----|------|------|-----|----|----|----|----|----|----|-----|----|----|----|-----|----|----|
| 2月 | 2月 (3・9・15・21・27日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | 3月 (5・11・17・23・29日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.3 |  |  |  |  |  |  |  |  | アーモンド | あわび | いか | いくら | オレンジ | カシュー | フルー | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカ | もも | やまい | りん | ゼラ |
| 朝食 | コロッケ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ミートボール トマトソース | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | |
| | 切干大根 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 昼食 | ソース焼きうどん | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | 鮭のちゃんちゃん焼き | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | |
| | 揚げギョウザ | ● | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | こんにゃくの甘辛炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豆のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 青菜のすまし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| 夕食 | 五目野菜あんかけご飯 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | バジルパスタ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | 塩肉じゃが | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ミニたい焼き | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 醤油 (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |









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国立大雪青少年交流の家



| 1月 | 1月 (5・11・17・23・29日) | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|------------------|---------------------|---|---|---|---|---|---|---|---|-------------|-----|----|-----|------|---------|--------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 2月 | 2月 (4・10・16・22・28日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | 3月 (6・12・18・24・30日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.4 |  |  |  |  |  |  |  |  | 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ITS | 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 | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | スクランブルエッグ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | スパゲティサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 醤油やきそば | ● | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | |
| | 豚肉入り野菜炒め | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | チーズはんぺんフライ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | かぼちゃの煮物 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごぼうのイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コーン入り中華スープ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | ハヤシライス | ● | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | ミートソースパスタ | ● | | ● | | | | | | | | | | | | | | ● | | | ● | ● | ● | | | | | | |
| | 野菜とチキンの中華煮 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | プチクレープ (チョコ) | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 共通 | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | ● | ● | | |
| フレンチ白ドレッシング (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| 醤油 (小袋) | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |









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1・2・3月メニューアレルギー表



国立大雪青少年交流の家



| 1月 | 1月 (6・12・18・24・30日) | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|--------------|-----------------------|---|---|---|---|---|---|---|---|-------------|-----|----|-----|------|------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|
| 2月 | 2月 (5・11・17・23日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | 3月 (1・7・13・19・25・31日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.5 |  |  |  |  |  |  |  |  | アーモンド | あわび | いか | いくら | オレンジ | カシヨー | フルウィ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン |
| 朝食 | チキンナゲット | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | きんぴら | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 昼食 | ガーリックパスタ | ● | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 野菜とウインナーのポトフ | ● | | | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | |
| | チキンカツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | 花野菜のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | キャベツのベベロンソテー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | わかめスープ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | 夕食 | カレー | ● | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | |
| ピリ辛焼きそば | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| おろしソースハンバーグ | | ● | | ● | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | |
| 大根のそぼろあん | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| スパゲティサラダ | | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| ブチクレープ (イチゴ) | | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 海苔佃煮 | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング (小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ケチャップ (小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース (小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 醤油 (小袋) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |

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1・2・3 月メニューアレルギー表



国立大雪青少年交流の家



| 1月 1月(1・7・13・19・25・31日) | | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|----------------------------|-----------------|---|---|---|---|---|---|---|---|-------------|-----|----|-----|------|-------------|----------|----|----|----|----|----|--------|-----|--------|----------------------------|--------|------------------|---------|------------------|
| 2月 2月(6・12・18・24日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 3月(2・8・14・20・26日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.6 |  |  |  |  |  |  |  |  | アーモンド | あわび | いか | いくら | オレンジ | カシヨー 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 ツ ミ ア | も も | や ま い も | りん ご | ゼ ラ チ ン |
| 朝食 | コロッケ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ミートボール トマトソース | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | |
| | 切干大根 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 納豆 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛乳 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 昼食 | ソース焼きうどん | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| | 鮭のちゃんちゃん焼き | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | |
| | 一口とんかつ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | こんにゃくの甘辛炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 豆のイタリアンサラダ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 青菜のすまし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| 夕食 | 和風マーボー茄子あんかけごはん | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 和風ツナスパゲティ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | |
| | 塩肉じゃが | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ミニたい焼き | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| ドリンクサーバー | | | ● | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング(小袋) | ● | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | ● | ● | |
| | フレンチ白ドレッシング(小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ケチャップ(小袋) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中濃ソース(小袋) | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 醤油(小袋) | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |

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