

## アレルギーメニュー表

2025年09月

※該当のないアレルギー品目は表記されません。

柴又帝釈天附属ルンビニー幼稚園

| 日付         | 献立名             | 食材(材料)名          | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | ゼラチン |
|------------|-----------------|------------------|-----|---|---|----|----|----|----|----|----|----|----|-----|------|----|------|
| 1日<br>(月)  | 中華飯             | 豚肉(除去不可)         |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | 中華だし             |     |   |   |    | ○  | ○  | ○  |    |    | ○  |    |     |      |    | ○    |
|            |                 | しょうゆ(うすくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | ごま油              |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
|            | 甘芋              | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
| 3日<br>(水)  | ご飯              |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            | 牛肉入りコロッケ        | コロッケ             |     |   | ○ | ○  | ○  | ○  | ○  |    |    | ○  |    |     |      |    |      |
|            |                 | つなぎ小麦・乳・大豆(除去不可) |     |   | ○ | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | ブレンドソース          |     |   |   |    |    |    |    |    |    | ○  |    | ○   |      |    |      |
|            | ラタトゥイユ          | 豚肉(除去不可)         |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | トマトソース           |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | コンソメ             |     |   |   |    | ○  | ○  |    |    | ○  |    |    |     |      |    |      |
|            | オレンジゼリー         |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
| 4日<br>(木)  | ご飯              |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            | 回鍋肉             | 豚肉(除去不可)         |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | 味噌               |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            | きゅうりのナムル        | めんつゆ             |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |                 | ごま油              |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
|            | スープ(もやし・わかめ)    | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | 鰹だし              |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
| 5日<br>(金)  | ご飯              |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            | タンドリーチキン        | 鶏肉               |     |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |                 | マヨネ              |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            | ツナとトマトのサラダパスタ   | スパゲッティ           |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |                 | ツナ               |     |   |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |                 | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            | 野菜スープ           | コンソメ             |     |   |   |    | ○  | ○  |    |    | ○  |    |    |     |      |    |      |
| 8日<br>(月)  | ご飯              |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            | 白身魚フライ          | 白身魚フライ           |     |   |   | ○  |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |                 | つなぎ小麦・大豆(除去不可)   |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | ブレンドソース          |     |   |   |    |    |    |    |    |    | ○  |    | ○   |      |    |      |
|            | マカロニソテー         | マカロニ             |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |                 | コンソメ             |     |   |   |    | ○  | ○  |    |    | ○  |    |    |     |      |    |      |
|            | キャロットサラダ        | ロースハム            |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | マヨネ              |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
| 10日<br>(水) | ビビンバ丼           | 鶏肉(除去不可)         |     |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |                 | 豚肉(除去不可)         |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | 味噌               |     |   |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |                 | めんつゆ             |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |                 | 卵                |     | ○ |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |                 | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            | 焼きかぼちゃ          | 中華だし             |     |   |   |    | ○  | ○  | ○  |    |    | ○  |    |     |      |    | ○    |
|            | わかめスープ          | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | ごま油              |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
| 11日<br>(木) | 冷やしきしめん         | きしめん             |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |                 | かまぼこ             |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |                 | めんつゆ             |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |                 | 天かす              |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |                 | めんつゆ(除去不可)       |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |                 | 鰹だし              |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            | 鶏肉の唐揚げ          | 鶏肉               |     |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |                 | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            | キャベツ添え          | ごまドレッシング         |     |   |   |    |    |    |    |    |    | ○  | ○  |     |      |    |      |
| 12日<br>(金) | なすとひき肉のカレーライス   | 豚肉(除去不可)         |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |                 | 鶏肉(除去不可)         |     |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |                 | コンソメ             |     |   |   |    | ○  | ○  |    |    | ○  |    |    |     |      |    |      |
|            | 野菜のごま風味サラダ      | めんつゆ             |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |                 | ごま               |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
| 17日<br>(水) | ご飯              |                  | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            | 豆腐ハンバーグ(照焼きソース) | 豆腐ハンバーグ          |     |   |   |    | ○  | ○  |    |    |    | ○  |    |     |      |    |      |
|            |                 | つなぎ大豆(除去不可)      |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |                 | しょうゆ(こいくち)       |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            | マカロニサラダ         | マカロニ             |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |                 | マヨネ              |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            | 味噌汁(玉ねぎ・人参)     | 鰹だし              |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |                 | 味噌               |     |   |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            | プチゼリー           | ゼリー              |     |   |   |    |    |    |    |    |    |    |    | ○   | ○    | ○  |      |

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| 日付         | 献立名   | 食材(材料)名     | 該当無 | 卵 | 乳 | 小麦 | 鶏肉 | 豚肉 | 牛肉 | さば | 魚類 | 大豆 | ごま | りんご | オレンジ | もも | ゼラチン |
|------------|---|-------------|-----|---|---|----|----|----|----|----|----|----|----|-----|------|----|------|
| 18日<br>(木) | ご飯<br>豚肉と野菜のうま煮<br><br>パンプキンサラダ<br>マスカットゼリー                 | 豚肉(除去不可)    | ○   |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | マヨネ         |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   |             | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
| 19日<br>(金) | 麻婆飯<br><br><br><br><br>彩りサラダ                                | 豆腐          |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 豚肉(除去不可)    |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |   | 味噌          |     |   |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 中華だし        |     |   |   |    | ○  | ○  | ○  |    |    | ○  |    |     |      |    | ○    |
|            |   | ごま油         |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
|            |   | めんつゆ        |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
| 22日<br>(月) | ご飯<br>赤魚の煮付け<br><br>和風スパゲティ<br><br>ベーコン<br><br>味噌汁(油揚げ・玉ねぎ) |             | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            |   | 赤魚          |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | スパゲティ       |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |   | ベーコン        |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | 油揚げ         |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
| 24日<br>(水) | 大豆ミートのそぼろ丼<br><br><br><br>青のリポテト<br>わかめスープ                  | 卵           |     | ○ |   | ○  |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | 大豆ミート       |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | めんつゆ        |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |   | ごま          |     |   |   |    |    |    |    |    |    |    | ○  |     |      |    |      |
|            |   |             | ○   |   |   |    |    |    |    |    |    |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
| 25日<br>(木) | ご飯<br>ハンバーグ(ケチャップソース)<br><br>ひじきの煮付け<br><br>味噌汁(麴・えのき)      | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | ハンバーグ       |     |   |   |    | ○  | ○  | ○  |    |    | ○  |    |     |      |    |      |
|            |   | つなぎ大豆(除去不可) |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鶏肉(除去不可)    |     |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | 麴           |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
| 26日<br>(金) | カレーライス<br>キャベツのサラダ  | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | 味噌          |     |   |   |    |    |    |    |    | ○  | ○  |    |     |      |    |      |
|            |   | 豚肉          |     |   |   |    |    | ○  |    |    |    |    |    |     |      |    |      |
| 29日<br>(月) | ご飯<br>鶏肉の白味噌焼き<br><br>高野豆腐と野菜の煮物<br><br>すまし汁(麴・わかめ)         | めんつゆ        |     |   |   | ○  |    |    |    | ○  | ○  | ○  |    |     |      |    |      |
|            |   | 鶏肉          | ○   |   |   |    | ○  |    |    |    |    |    |    |     |      |    |      |
|            |   | 味噌          |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 高野豆腐(除去不可)  |     |   |   |    |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | しょうゆ(うすくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 麴           |     |   |   | ○  |    |    |    |    |    |    |    |     |      |    |      |
|            |   | しょうゆ(こいくち)  |     |   |   | ○  |    |    |    |    |    | ○  |    |     |      |    |      |
|            |   | 鰹だし         |     |   |   |    |    |    |    |    | ○  |    |    |     |      |    |      |