

| 献立名 | 食材名 | アレルギー | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | 卵 | 乳 | 小麦 | そば | 落花生 | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 大豆 | さけ | さば | りんご | オレンジ | ごま | ゼラチン | いか | いくら | あわび | もも | キウイ | バナナ | やまいも | くるみ | カシューナッツ | まつたけ |
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| ブロッコリーのマリネ | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 献立名 | 食材名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | 白いりごま | | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
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| | ポークウインナー | | | | | | | | | ○ | | | | | | | | | | | | | | | | | | |
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| 献立名 | 食材名 | アレルゲン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | 卵 | 乳 | 小麦 | そば | 落花生 | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 大豆 | さけ | さば | りんご | オレンジ | ごま | ゼラチン | いか | いくら | あわび | もも | キウイ | バナナ | やまいも | くるみ | カシューナッツ | まつたけ | | | | |
| ごはん | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉の油淋鶏風 | 鶏もも肉 | | | | | | | | | | ○ | | | | | | | | | | | | | | | | | | | | | |
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| | | 卵 | 乳 | 小麦 | そば | 落花生 | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 大豆 | さけ | さば | りんご | オレンジ | ごま | ゼラチン | いか | いくら | あわび | もも | キウイ | バナナ | やまいも | くるみ | カシューナッツ | まつたけ |
| ごはん | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハンバーグ 【デミグラスソース】 | ハンバーグ | | ○ | ○ | | | | | ○ | | ○ | ○ | | | | | | | | | | | | | | | | |
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| | ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ごぼうサラダ | 焙煎胡麻ごぼうサラダ | ○ | | ○ | | | | | | | ○ | | | | | ○ | | | | | | | | | | | | |
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