夏メニュー朝食A

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **≪朝食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯(大山千枚田のお米) | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツの味噌汁 | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・味噌・） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鮭の塩焼き | 銀鮭の切身 | | | | | | | | | | | | | | | | ○ | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉と切干大根炒め煮 | 豚小間 | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | 切り干し大根 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人参　椎茸 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 隠元 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・砂糖・醤油・酒・） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポテトサラダ | ポテトサラダ | ○ | ○ | ○ | ○ | | | | | | | | | | | | ○ | | | | | | | | | | |
| | 赤・黄パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プチトマト | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パイナップル | パイナップル | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュー昼食A

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **≪昼食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚スタミナ丼 | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚バラ | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | 玉葱・キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | にら | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（焼肉の塩だれ・塩・胡椒） | | | | ○ | ○ | | | ○ | | | | | | | | | | ○ | | | | ○ | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きのこの味噌汁 | きのこ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 葱 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・味噌・） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 春雨サラダ | 春雨サラダ | | | | ○ | | | ○ | | | | | | | | | | | | | | | | | | | |
| | 法蓮草 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・塩・ごま油) | | | | ○ | ○ | | | ○ | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フルーツみつ豆 | フルーツみつ豆 | | | | | | | | | | | | | | | | | | ○ | | | ○ | | | | | |
| | パイナップル | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みかん | | | | | | | | | | | | | | | | | | | ○ | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュータ食A

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **≪夕食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯(大山千枚田のお米) | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚汁 | 野菜mix・葱 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚小間 | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| 調味料(豊漁だし・味噌・酒・味醂) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉と野菜のソテー | 鶏モモ | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | 蓮根 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ヤングコーン | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉葱ソース | オニオンソース | | | ○ | ○ | | | | | | | | | | | | | | | | | ○ | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 煮込みミニハンバーグ | ハンバーグ | ○ | ○ | ○ | ○ | | | | | | | | | ○ | ○ | | | | | | | | | ○ | | | |
| デミグラスソース | | | ○ | ○ | ○ | | | | | | | | | ○ | ○ | ○ | | | | | | | | ○ | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやしと大豆ミート炒め | もやし | | | | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | 大豆ミート | | | | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | にら・人参 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・塩・胡椒・醤油・) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツの塩昆布あえ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 塩昆布 | | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大学芋 | 大学芋 | | | ○ | ○ | | | ○ | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュー朝食B

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **≪朝食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コッペパン | ドックパン | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| トマトと玉葱のスープ | トマトソース | | | | ○ | | | | | | | | | | | ○ | | | | | | | | | | | |
| | 玉葱・パセリ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（ﾋﾞｰﾌコンソメ・塩・胡椒・砂糖） | | | ○ | ○ | ○ | | | | | | | | | ○ | | ○ | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ウィンナー | ウィンナー | ○ | ○ | | | | | | | | | | | ○ | ○ | | | | | | | | | | | | |
| | ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ベーコンと法蓮草のソテー | ベーコン | ○ | ○ | | ○ | | | | | | | | | | ○ | | | | | | | | | | | | |
| | えのき | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 法蓮草 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（塩・胡椒） | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夏野菜サラダ | 赤パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黄パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プチトマト | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（オリーブオイル・塩・胡椒） | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オレンジ | | | | | | | | | | | | | | | | | | | | ○ | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュー昼食B

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **≪昼食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハヤシライス | 精白米 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛肉 | | | | | | | | | | | | | ○ | | | | | | | | | | | | | |
| | 玉葱 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 人参・マッシュルーム | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ハヤシルウ | | ○ | ○ | ○ | | | | | | | | | ○ | ○ | ○ | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| コンソメスープ | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パセリ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(ビーフコンソメ・塩・胡椒) | | | ○ | ○ | ○ | | | | | | | | | ○ | | ○ | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| グリーンサラダ | レタス | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水菜 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 赤パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黄パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(オリーブオイル・塩・胡椒) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ヤクルト | ヤクルト | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュータ食B

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ | ココナッツ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **≪夕食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯(大山千枚田のお米) | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とうもろこしと枝豆のスープ | 粒とうもろこし | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パセリ・枝豆 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(ﾋﾞｰﾌコンソメ・塩・胡椒) | | | ○ | ○ | ○ | | | | | | | | | ○ | | ○ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 牛肉コロッケ | 牛肉コロッケ | ○ | ○ | ○ | ○ | | | | | | | | | ○ | | | | | | | | ○ | | | | | | |
| | キャノーラ油 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ちくわのカレー風味焼き | 竹輪 | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | |
| | パン粉 | ○ | | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(カレー粉・塩・胡椒・酒・) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 中濃ソース | 中濃ソース | | | | ○ | | | | | | | | | | | | | | | | | ○ | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 繊切キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマト | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 肉団子とこんにゃくの煮物 | 肉団子 | | ○ | ○ | ○ | | | ○ | | | | | | | ○ | ○ | | | | | | ○ | | | | | | |
| | こんにゃく | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 隠元 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・酒・砂糖) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ろくすけもち | 性学餅 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きな粉 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュー朝食C

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **≪朝食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯（大山千枚田のお米） | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃが芋と法蓮草の味噌汁 | じゃが芋 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 法蓮草 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・味噌・） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 揚げ豆腐の煮物 | 揚げ豆腐 | | | ○ | ○ | | | | | | | | | | | | ○ | | | | | | | | | | |
| | 隠元 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・酒・砂糖) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 野菜炒め | 豚小間 | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | キャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ピーマン | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きくらげ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・塩・胡椒) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マカロニサラダ | マカロニサラダ | ○ | ○ | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | 水菜 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プチトマト | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| グレープフルーツ | ルビー | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

夏メニュー昼食C

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **≪昼食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏そぼろ丼 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏挽肉 | | | | | | | | | | | | | | | ○ | | | | | | | | | | | |
| | 玉葱・人参 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 水菜 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・醤油・砂糖・生姜） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 春雨と椎茸のスープ | 春雨 | | | | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | 椎茸・葱 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（鶏がら・醤油・塩・） | | | | ○ | ○ | | | | | | | | | | | ○ | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ひじきの煮物 | ひじき | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 大豆・油揚げ | | | | ○ | | | | | | | | | | | | | | | | | | | | | | |
| | 隠元 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・酒・砂糖) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| プリン | プリン | ○ | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳 | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 名前 | 食材 | 卵 | 乳 | 小麦 | 大豆 | そば | 落花生 | ごま | あわび | いか | いくら | えび | かに | 牛肉 | 豚肉 | 鶏肉 | 鮭 | 青魚 | 桃 | オレンジ | キウイ | りんご | バナナ | ゼラチン | 山芋 | くるみ | まつたけ | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **≪夕食≫** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ご飯（大山千枚田のお米） | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オクラとなめこの味噌汁 | オクラ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | なめこ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（豊漁だし・味噌） | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肉とレタスぽん酢サラダ | 豚バラ | | | | | | | | | | | | | | ○ | | | | | | | | | | | | | |
| | 玉ねぎ・水菜 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | レタス・パプリカ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料（鶏ガラ・塩・胡椒・ぽん酢・） | | | | ○ | ○ | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏肉とマカロニのトマト煮 | 鶏もも | | | | | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | マカロニ | | | ○ | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトソース | | | | ○ | | | | | | | | | | | ○ | | | | | | | | | | | | |
| 調味料（鶏ガラ・塩・胡椒・砂糖） | | | | ○ | ○ | | | | | | | | | | | ○ | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 揚げ茄子生姜あん | 茄子 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 葱 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 調味料(豊漁だし・醤油・砂糖・味醂・生姜・片栗粉) | | | | ○ | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜とツナのナムル | 小松菜・人参 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ツナ | | | | ○ | | | | | | | | | | | | | ○ | | | | | | | | | | |
| 調味料（豊漁だし・塩・ごま油・） | | | | ○ | ○ | | | ○ | | | | | | | | | | ○ | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 黄桃・白玉団子 | 黄桃 | | | | | | | | | | | | | | | | | | ○ | | | | | | | | | |
| | 白玉団子 | | | | | | | | | | | | | | | | | | | | | | | | | | | |