

1・2・3月メニューアレルゲン表

国立大隅青少年自然の家



| 1月 | (8・14・20・26) 日 | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | | | | |
|----|--------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|---|---|---|--|
| 2月 | (1・7・13・19・25) 日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3月 | (3・9・15・21・27) 日 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.6 | 小麦 | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレンジ | カシュー・ナツ | 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 | もも | やまいも | りんご | ゼラチン | | | | | |
| 朝食 | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゆでたまご | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | さつま揚げ煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | パンプキンサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フルーツ缶詰め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 海苔佃煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | フレンチドレッシング(赤) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | フレンチドレッシング(白) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 醤油 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 中濃ソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | |
| 昼食 | おおすみくんちの鶏飯 | ● | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | |
| | ピーマン肉詰めフライ | ● | | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | | |
| | かぼちゃの煮物 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ぶどうゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | りんごゼリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | フレンチドレッシング(赤) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | フレンチドレッシング(白) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 醤油 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 夕食 | さつま汁 | | | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚肉の生姜焼き | ● | | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | | |
| | アジフライ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | チャプチエ | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 和風マーボー茄子 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミニたい焼き | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | フレンチドレッシング(白) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | マヨネーズ | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 醤油 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| | 中濃ソース | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

・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。