# 4・5・6月メニューアレルゲン表

国立大隅青少年自然の家

| | | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 分類 | 金曜日 | 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 | カシューナッツ | キウイフルーツ | 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 | 大根の味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ハムソテー | | ● | ● | | | | | | | | | | | | | | | | | ● | | | ● | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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 | たぬきうどん | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 中濃ソース | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 夕食 | わかめスープ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 照焼きハンバーグ | ● | | ● | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | |
| | ガーリックパスタ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ハムサラダフライ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | ● | | | | | |
| | フライドポテト（塩味） | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | プチクレープ（チョコ） | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| | 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。