

7・8・9月メニューアレルギー表

国立吉備青少年自然の家



| 7月 | 7月 (1・4・7・10・13・16・19・22・25・28・31日) | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------|-------------------------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|--|--|--|--|--|--|--|---|---|
| 8月 | 8月 (3・6・9・12・15・18・21・24・27・30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 | | | | | | | | | |
| 9月 | 9月 (2・5・8・11・14・17・20・23・26・29日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝食 | オムレツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| | チキンナゲット | ● | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | ひじき煮 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | スパゲティサラダ | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | ごぼうの味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | グレープフルーツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ミートソースパスタ | ● | | ● | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | | | | | | | | | |
| | 揚げギョウザ | ● | | | | | | | | | | | | | | | | | | | ● | | | ● | | | | | | | | | | | | | | |
| | ツナと野菜の炒め | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| | 春雨サラダしそ風味 | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | コーン入り中華スープ | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゼリー (ぶどう&りんご) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | 塩焼きそば | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | |
| | 照焼きハンバーグ | ● | | ● | | | | | | | | | | | | | ● | | | | ● | ● | | ● | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 切干大根のソース炒め | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| | 大根の味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | フライドポテト (塩味) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ヨーグルト (プレーン) | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | フレンチドレッシング (白) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | 卓上ケチャップ | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | マヨネーズ | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | 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。

7・8・9月メニューアレルギー表

国立吉備青少年自然の家



| 7月 | 7月 (2・5・8・11・14・17・20・23・26・29日) | 特定原材料 | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|-------------------------------------|-------|---|---|----|-----|----|----|-----|-------------|-----|----|-----|------|---------|-------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|--|--|--|--|---|---|--|
| 8月 | 8月 (1・4・7・10・13・16・19・22・25・28・31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 | りんご | オレンジ | カシューナッツ | フルクワイ | 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 | | | | | | | | |
| 9月 | 9月 (3・6・9・12・15・18・21・24・27・30日) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝食 | 白身魚フライ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | ポイルウィンナー | | | ● | | | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | | | | | | |
| | 卵の花 | ● | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | | |
| | マカロニサラダ | ● | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 玉葱の味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | グレープフルーツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | スパゲティナポリタン | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ツナマヨフライ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | ● | |
| | 豚と筍の中華炒め | ● | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | わかめスープ | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | ゼリー (ぶどう&りんご) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ペペロンチーノパスタ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フライドチキン | ● | ● | ● | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | | | | | |
| | ヤングコーン | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白菜のうま煮 | ● | | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | | | | | |
| | ほうれん草の味噌汁 | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | フライドポテト (ガーリック) | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | ヨーグルト (プレーン) | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 共通 | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | フレンチドレッシング (白) | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 卓上ケチャップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マヨネーズ | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| | 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、ご利用当日に、店頭のアレルギー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。

7・8・9月メニューアレルギー表

国立吉備青少年自然の家



| 7月 | 7月 (3・6・9・12・15・18・21・24・27・30日) | 特定原材料 | | | | | | | | | | 特定原材料に準ずる品目 | | | | | | | | | | | | | | | | | |
|-----|----------------------------------|-------|---|---|----|-----|----|----|-----|-------|-----|-------------|-----|------|---------|---------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 8月 | 8月 (2・5・8・11・14・17・20・23・26・29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 |
| 9月 | 9月 (1・4・7・10・13・16・19・22・25・28日) | NO.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 朝食 | スクランブルエッグ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | | | | | | | |
| | 蒸し焼売 | ● | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | 切干大根 | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | ポテトサラダ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 白菜の味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | グレープフルーツ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 食パン | ● | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | いちごジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | 和風ツナスパゲティ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | デミカツ | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | かぼちゃの煮物 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ミックスベジタブル | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青菜のすまし汁 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ゼリー (ぶどう&りんご) | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | カレー | ● | | | | | | | | | | | | | | | | | | | ● | | ● | | | | | | |
| | 甘酢肉団子 | ● | ● | ● | | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | |
| | ビーンズミックス | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | もやしのおぼろ炒め | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | |
| | わかめの味噌汁 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | フライドポテト (塩味) | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コールスロー | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ヨーグルト (プレーン) | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごはん | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | | |
| 共通 | 青じそドレッシング | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | フレンチドレッシング (白) | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 卓上ケチャップ | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | マヨネーズ | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | |
| | 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、店頭のアレルギー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。