

詳細献立表

Aコース:2026年1月8日(木)  
Bコース:2026年1月9日(金)  
Cコース:2026年1月13日(火)

A1  
B2  
C3  
久喜市立学校給食センター

| 食品名         | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
|-------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|---|
|             |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【ごはん】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 白飯          | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |       |      |         |    |       |   |    | ● |
| 【牛乳】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 飲用牛乳        | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【赤魚のから揚げ】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 赤魚竜田揚げ(50g) | 50              | 0               | ▲     |    |   | ●  |    |     |   |     | ▲  |     |    | ▲  |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         | ▲  |       | ● |    | ● |
| 赤魚竜田揚げ(60g) | 0               | 60              | ▲     |    |   | ●  |    |     |   |     | ▲  |     |    | ▲  |      |         |     |    |     |    |    |    |      | ●   |    |       |      | ▲       |    | ●     |   | ●  |   |
| 揚げ油(米油)     | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 【炒めなます】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 豚肩小間切れ      | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   |    | ● |
| 白滝(カット)     | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 洗いごぼう       | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| にんじん        | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| れんこん(カット)   | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 干椎茸         | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| ごま油         | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 濃口醤油        | 2.2             | 2.75            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   |    | ● |
| 三温糖         | 1.6             | 2               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 酢           | 1.3             | 1.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 水           | 7               | 8.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【七草風白玉雑煮】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 冷凍白玉団子      | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 鶏もも小間切れ     | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   |    |   |
| 油揚げ(スライス)   | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   |    | ● |
| 小松菜         | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| かぶ          | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 春の七草(乾燥)    | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 大根          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 薄口醤油        | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   |    | ● |
| 清酒          | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 塩           | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| だしパック(鰹・鯖)  | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   |    | ● |
| 水           | 120.9           | 151             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月9日(金)  
Bコース:2026年1月30日(金)  
Cコース:2026年1月20日(火)

A2  
B16  
C8

久喜市立学校給食センター

[illegible]

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月13日(火)

Bコース:2026年1月29日(木)

Cコース:2026年1月21日(水)

A3

B15

C9

久喜市立学校給食センター

| 食品名             | 1人分小<br>(g) | 1人分中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
|-----------------|-------------|-------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-----------|------|---------|----|-------|---|----|
|                 |             |             | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マダガスカルナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ライスボールパン】      |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| ライスボールパン(40g)   | 40          | 0           |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |           |      |         | ▲  |       |   | ●  |
| ライスボールパン(60g)   | 0           | 60          |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |           |      |         | ▲  |       |   | ●  |
| 【コーヒー牛乳】        |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| コーヒー牛乳          | 206         | 206         |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       | ● |    |
| 【とり肉のパン粉焼き】     |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| 鶏胸切り身(50g)      | 50          | 0           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |           |      |         |    |       |   |    |
| 鶏胸切り身(60g)      | 0           | 60          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |           |      |         |    |       |   |    |
| 塩               | 0.1         | 0.12        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 白こしょう           | 0.01        | 0.01        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| ノンエッグマヨネーズ      | 6           | 7.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |           |      |         |    |       |   | ●  |
| バセリ(乾燥)         | 0.05        | 0.06        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| パン粉(乾燥)         | 5.6         | 7           |       |    |   | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    | ▲  | ▲    |     | ▲  |           |      |         |    |       |   | ●  |
| 【カラフルこんにゃくサラダ】  |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| 野菜入りこんにゃく(人参)   | 8           | 10          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |           |      |         |    |       | ● |    |
| 野菜入りこんにゃく(かぼちゃ) | 8           | 10          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |           |      |         |    |       | ● |    |
| きゅうり            | 13          | 16.3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| キャベツ            | 10          | 12.5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| ドレッシング(イタリアン)   | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 【さつまいもの米粉シチュー】  |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| ショルダーベーコン       | 10          | 12.5        |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |           |      |         |    |       |   | ●  |
| にんじん            | 10          | 12.5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| 玉ねぎ             | 17          | 21.3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   |    |
| さつまいも(カット)      | 25          | 31.3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| マッシュルーム水煮スライス   | 4           | 5           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| ホールコーン(冷凍)      | 7           | 8.75        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 米油              | 1           | 1.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| コンソメ            | 1.8         | 2.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| とりがらスープの素       | 2           | 2.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 調理用牛乳           | 35          | 43.8        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 白こしょう           | 0.05        | 0.06        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| スキムミルク          | 3           | 3.75        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| ミルクカルシウム        | 1.4         | 1.75        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 米粉              | 4           | 5           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 塩               | 0.75        | 0.94        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 生クリーム           | 1.55        | 1.94        |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |
| 水               | 66.45       | 83.1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |         |    |       |   | ●  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月14日(水)  
Bコース:2026年1月26日(月)  
Cコース:2026年1月22日(木)

A4  
B12  
C10  
久喜市立学校給食センター

| 食品名            | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
|----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|
|                |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【中華めん】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 中華めん(70g)      | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 中華めん(100g)     | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【牛乳】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 飲用牛乳           | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【ちくわのカレー竜田】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| ちくわのカレー竜田(30g) | 30              | 0               | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    | ▲   |    | ▲  | ▲  | ▲    |     | ●  |       | ▲    |         | ▲  |       | ● |    |
| ちくわのカレー竜田(20g) | 0               | 40              | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    | ▲   |    | ▲  | ▲  | ▲    |     | ●  |       | ▲    |         | ▲  |       | ● |    |
| 揚げ油(米油)        | 3               | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【厚揚げの中華炒め】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 鶏胸小間           | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   | ●  |
| 米油             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 生揚げ(カット・サイコロ型) | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   | ●  |
| しょうが           | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| キャベツ           | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| にんじん           | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| ごま油            | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         | ●  |       |   | ●  |
| 清酒             | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 濃口醤油           | 0.8             | 1               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   | ●  |
| 塩              | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 白こしょう          | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 中華スープの素        | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |       |      | ●       |    |       |   | ●  |
| 【しょうゆラーメン】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 豚肩小間切れ         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   | ●  |
| なると(冷凍)        | 8               | 10              |       | ▲  | ▲ | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| にんじん           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| もやし            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| カットわかめ(外国産)    | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 長ねぎ            | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 濃口醤油           | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   | ●  |
| 薄口醤油           | 7.5             | 9.38            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   | ●  |
| 本みりん           | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 三温糖            | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| とりがらスープの素      | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   | ●  |
| だしパック(鰹・鯖)     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 煮干しパック         | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 中華スープの素        | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |       |      | ●       |    |       |   | ●  |
| 水              | 133.5           | 167             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月15日(木)  
Bコース:2026年1月27日(火)  
Cコース:2026年1月23日(金)

A5  
B13  
C11  
久喜市立学校給食センター

| 食品名                 | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
|---------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|
|                     |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 白飯                  | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  | ▲  |    |      | ▲   |    |       |      |         |    |       |   | ●  |
| 【牛乳】                |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 飲用牛乳                | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【ぎょうざ】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 棒ぎょうざ(35g)          | 35              | 0               | ▲     | ▲  | ▲ | ●  |    |     | ▲ |     | ▲  |     |    |    |      |         |     |    | ▲   | ●  | ●  | ▲  |      | ●   |    |       |      | ▲       |    | ●     |   |    |
| 棒ぎょうざ(40g)          | 0               | 40              | ▲     | ▲  | ▲ | ●  |    |     | ▲ |     | ▲  |     |    |    |      |         |     |    | ▲   | ●  | ●  | ▲  |      | ●   |    |       |      | ▲       |    | ●     |   |    |
| スプレーオイル(なたね油)       | 0.5             | 0.6             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【杏仁フルーツ】            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| ミックスフルーツ            | 45              | 56.3            |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         | ●   | ●  |     |    |    |    |      |     |    |       |      |         |    |       | ● |    |
| 杏仁風カットデザート          | 45              | 56.3            |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       | ● |    |
| 【チゲ豆腐】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 豚肩小間切れ              | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   |    |
| しょうが                | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| にんにく                | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 白菜キムチ               | 20              | 25              |       |    |   | ●  |    |     |   |     |    |     | ●  |    |      |         |     |    | ●   |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 生揚げ(カット)            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 白菜                  | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   |    |
| 長ねぎ                 | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 大根                  | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| にら                  | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 濃口醤油                | 3.5             | 4.38            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| みそ(赤)               | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 三温糖                 | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 清酒                  | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| ごま油                 | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         | ●  |       |   | ●  |
| 水                   | 44.4            | 55.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【やさしいふりかけ】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| ふりかけ(やさしいふりかけ やさしい) | 1.2             | 1.2             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       | ● |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月16日(金)

Bコース:2026年1月23日(金)

Cコース:2026年1月26日(月)

A6

B11

C12

久喜市立学校給食センター

[illegible]

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月19日(月)  
Bコース:2026年1月28日(水)  
Cコース:2026年1月27日(火)

A7  
B14  
C13

久喜市立学校給食センター

[illegible]

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月20日(火)  
Bコース:2026年1月22日(木)  
Cコース:2026年1月14日(水)

A8  
B10  
C4

久喜市立学校給食センター

| 食品名               | 1人分小<br>(g) | 1人分中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
|-------------------|-------------|-------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|----------|------|---------|----|-------|---|----|---|
|                   |             |             | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【バーカーサンド】         |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| バーカーサンド(50g)      | 50          | 0           |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         | ▲  |       | ● |    |   |
| バーカーサンド(70g)      | 0           | 70          |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         | ▲  |       | ● |    |   |
| 【牛乳】              |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 飲用牛乳              | 206         | 206         |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 【チキンケバブ】          |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 鶏もも肉切り身(60g)      | 60          | 0           |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         |    |       |   |    |   |
| 鶏もも肉切り身(80g)      | 0           | 80          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         |    |       |   |    |   |
| 白こしょう             | 0.01        | 0.01        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| 清酒                | 1.5         | 1.88        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| ウスターソース           | 1.5         | 1.88        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| チリパウダー            | 0.01        | 0.01        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| トマトケチャップ          | 6           | 7.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| ノンエッグマヨネーズ        | 3           | 3.75        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    |       |   | ●  |   |
| トマトピューレ           | 2.5         | 3.12        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| ウスターソース           | 2.5         | 3.1         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| カレー粉              | 0.04        | 0.05        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| 上白糖               | 1.2         | 1.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| じゃがいも澱粉           | 0.01        | 0.01        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| 水                 | 3.6         | 4.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| 【チョハンサラダス】        |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| キャベツ              | 22          | 27.5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| ブロッコリー            | 15          | 18.8        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| ホールコーン(冷凍)        | 10          | 12.5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| ドレッシング(クリーミーフレンチ) | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 【レンズ豆のスープ】        |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 鶏胸小間              | 15          | 18.8        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         |    |       |   |    |   |
| 玉ねぎ               | 13          | 16.3        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 米油                | 1           | 1.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| レンズ豆              | 5           | 6.25        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 押麦                | 3           | 3.75        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| にんじん              | 8           | 10          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 冷凍カットポテト(ダイス)     | 18          | 22.5        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| コンソメ              | 2.8         | 3.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 塩                 | 0.6         | 0.75        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 白こしょう             | 0.02        | 0.03        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 白ワイン              | 2           | 2.5         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 水                 | 121.6       | 152         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 【ヨーグルト】           |             |             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| ヨーグルト(80g・森永)     | 80          | 0           |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| ヨーグルト(100g・森永)    | 0           | 100         |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



詳細献立表

Aコース:2026年1月21日(水)  
Bコース:2026年1月19日(月)  
Cコース:2026年1月29日(木)

A9  
B7  
C15  
久喜市立学校給食センター

| 食品名                   | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
|-----------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|
|                       |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【地粉うどん】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 地粉うどん(70g)            | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 地粉うどん(100g)           | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【牛乳】                  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 飲用牛乳                  | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【大学芋もち】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| さつまいももち(40g)          | 40              | 40              |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    | ●     |   |    |
| 揚げ油(米油)               | 4               | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 上白糖                   | 2.2             | 2.2             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| ごま(黒・いり)              | 0.4             | 0.4             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         | ●  |       |   | ●  |
| 濃口醤油                  | 1.5             | 1.5             |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| じゃがいも澱粉               | 0.25            | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 水                     | 7               | 7               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【おかか炒め】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| さつまあげ(冷凍)             | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| キャベツ                  | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| にんじん                  | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| もやし                   | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 和風だし                  | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 薄口醤油                  | 1.5             | 1.88            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 鰹節(碎片)                | 0.25            | 0.31            |       |    |   |    |    |     |   |     |    |     | ▲  |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 塩                     | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 米油                    | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【カレーうどん】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 豚肩小間切れ                | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   |    |
| 玉ねぎ                   | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| にんじん                  | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 長ねぎ                   | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| だしパック(鰹・鯖)            | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     | ●  |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| カレー粉                  | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| カレーフレーク(Fe)           | 4               | 5               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      | ●   |    |       |      |         |    |       |   | ●  |
| カレーフレーク(卵・乳不使用)やさいカレー | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 濃口醤油                  | 5.5             | 6.88            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   | ●  |
| 三温糖                   | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| じゃがいも澱粉               | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 水                     | 142.5           | 178             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月22日(木)  
Bコース:2026年1月20日(火)  
Cコース:2026年1月19日(月)

A10  
B8  
C7  
久喜市立学校給食センター

| 食品名                | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
|--------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|----------|------|---------|----|-------|---|----|---|
|                    |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【ごはん】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 白飯                 | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |          |      |         |    |       |   |    | ● |
| 【牛乳】               |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 飲用牛乳               | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 【ぶた肉のねぎみそだれ和え】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 豚もも肉角切り竜田揚げ        | 65              | 81.3            | ▲     |    |   | ▲  | ●  |     |   |     |    | ▲   |    | ▲  |      |         |     |    | ▲   | ▲  | ▲  | ●  | ▲    |     | ●  |          | ▲    |         | ▲  | ▲     | ● |    |   |
| 揚げ油(米油)            | 6.5             | 8.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 長ねぎ                | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 米油                 | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| みそ(けいわ)            | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    |       |   |    | ● |
| 上白糖                | 2.6             | 3.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 本みりん               | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 濃口醤油               | 1.5             | 1.88            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    |       |   |    | ● |
| 水                  | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 【手作リトマトドレッシングのサラダ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| キャベツ               | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| ブロッコリー             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 大根                 | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| トマトピューレ(地場産)       | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   | ●  |   |
| 酢                  | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 上白糖                | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 塩                  | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 白こしょう              | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 米油                 | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 水                  | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 【小松菜と豆腐のすまし汁】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 豆腐(冷凍・サイコロ)        | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    |       |   |    | ● |
| 鶏胸小間               | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         |    |       |   |    |   |
| にんじん               | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 洗いごぼう              | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| 小松菜                | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |
| かまぼこ(チルド・千切り)      | 7               | 8.75            |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ▲   |    |          |      |         |    |       |   |    | ● |
| 塩                  | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 薄口醤油               | 3.5             | 4.38            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    |       |   |    | ● |
| 本みりん               | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| だしパック(鰹・鯖)         | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    | ● |
| 水                  | 116.2           | 145             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |    |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

## 詳細献立表

Aコース:2026年1月23日(金)  
Bコース:2026年1月16日(金)  
Cコース:2026年1月30日(金)

A11  
B6  
C16

久喜市立学校給食センター

[illegible]

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月26日(月)  
Bコース:2026年1月21日(水)  
Cコース:2026年1月16日(金)

A12  
B9  
C6  
久喜市立学校給食センター

| 食品名        | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
|------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|---|
|            |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【麦ごはん】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 麦ごはん       | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |       |      |         |    |       |   |    | ● |
| 【牛乳】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 飲用牛乳       | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【さけの塩焼き】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| さけ切身(50g)  | 50              | 0               |       |    |   | ▲  |    |     |   |     |    |     | ●  | ▲  |      |         |     |    |     |    |    |    |      |     | ▲  |       |      |         |    |       |   |    | ● |
| さけ切身(60g)  | 0               | 60              |       |    |   | ▲  |    |     |   |     |    |     | ●  | ▲  |      |         |     |    |     |    |    |    |      |     | ▲  |       |      |         |    |       |   |    | ● |
| 【大根の和え物】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 大根         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| もやし        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 小松菜        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| だしパック(鰹・鯖) | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 清酒         | 1.4             | 1.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 濃口醤油       | 2.5             | 3.13            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●     |      |         |    |       |   |    | ● |
| 水          | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【白菜のみそ汁】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| ごま油        | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| 豚肩小間切れ     | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   |    | ● |
| 白菜         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 冷凍里芋(カット)  | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| にんじん       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 生揚げ(カット)   | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●     |      |         |    |       |   |    | ● |
| 長ねぎ        | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| みそ(白)      | 4.5             | 5.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●     |      |         |    |       |   |    | ● |
| みそ(けいわ)    | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●     |      |         |    |       |   |    | ● |
| 煮干しパック     | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●     |      |         |    |       |   |    | ● |
| 水          | 111.5           | 139             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【ぼんかん】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| ぼんかん       | 110             | 110             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月27日(火)  
Bコース:2026年1月15日(木)  
Cコース:2026年1月28日(水)

A13  
B5  
C14  
久喜市立学校給食センター

| 食品名          | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
|--------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|
|              |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【バターコッペ】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| バターコッペ(50g)  | 50              | 0               |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         | ▲  |       |   | ●  |
| バターコッペ(70g)  | 0               | 70              |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         | ▲  |       |   | ●  |
| 【牛乳】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 飲用牛乳         | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 【焼きスバ】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| ハーフスパゲッティ    | 18              | 22.5            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 豚肩小間切れ       | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |       |      |         |    |       |   |    |
| にんじん         | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| キャベツ         | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| もやし          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 焼きそばソース(粉末)  | 3.3             | 4.13            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    | ●   |    | ●  |    |      | ●   |    |       |      |         |    | ●     |   | ●  |
| 中濃ソース        | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| あおさ粉         | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 鰹節(碎片)       | 0.25            | 0.31            |       |    |   |    |    |     |   |     |    |     |    | ▲  |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 塩            | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 白こしょう        | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 米油           | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【豆腐ナゲット】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 豆腐ナゲット(20g)  | 40              | 40              |       |    | ▲ | ●  |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      | ●   |    |       |      |         |    | ●     |   | ●  |
| 揚げ油(米油)      | 4               | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 【卵の中華コーンスープ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| コーンピューレー     | 32              | 40              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    | ●     |   | ●  |
| ホールコーン(冷凍)   | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 玉ねぎ          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| チンゲン菜        | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |
| 液卵(冷凍)       | 15              | 18.8            |       |    | ● |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 中華スープの素      | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      | ●   |    |       |      | ●       |    |       |   | ●  |
| とりがらスープの素    | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |       |      | ●       |    |       |   | ●  |
| 塩            | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 白こしょう        | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| じゃがいも澱粉      | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   | ●  |
| 水            | 105.58          | 132             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月28日(水)  
Bコース:2026年1月13日(火)  
Cコース:2026年1月15日(木)

A14  
B3  
C5  
久喜市立学校給食センター

| 食品名             | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
|-----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|
|                 |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 |
| 【中華めん】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 中華めん(70g)       | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 中華めん(100g)      | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 【牛乳】            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 飲用牛乳            | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 【もうかさめのスティック揚げ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 冷凍モロスティック(20g)  | 40              | 0               | ▲     |    |   | ●  |    |     |   |     | ▲  |     | ▲  | ▲  |      |         |     |    |     |    |    |    | ●    |     |    |
| 冷凍モロスティック(30g)  | 0               | 60              | ▲     |    |   | ●  |    |     |   |     | ▲  |     | ▲  | ▲  |      |         |     |    |     |    |    |    | ●    |     |    |
| 揚げ油(米油)         | 4               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |
| 【もやしの和え物(めんの具)】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| きゅうり            | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| もやし             | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| キャベツ            | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| にんじん            | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 濃口醤油            | 0.8             | 1               |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| 中華スープの素         | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |
| ごま油             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   | ●  |
| 水               | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 【ジャージャーめん】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 豚ひき肉            | 27              | 33.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |
| たけのこ(千切り)       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |
| 玉ねぎ             | 27              | 33.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| にんにく            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| しょうが            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| ごま油             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   | ●  |
| 干椎茸             | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |
| にんじん            | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 長ねぎ             | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |
| 豆板醤             | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| 上白糖             | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| 濃口醤油            | 0.6             | 0.75            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| みそ(赤)           | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| 甜麺醤             | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     | ●  |
| 中華スープの素         | 1.8             | 2.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |
| オイスターソース        | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |
| じゃがいも澱粉         | 2.5             | 3.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |
| 水               | 98.1            | 123             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月29日(木)  
Bコース:2026年1月14日(水)  
Cコース:2026年1月8日(木)

A15  
B4  
C1  
久喜市立学校給食センター

| 食品名          | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
|--------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|---------|------|---------|----|-------|---|----|---|
|              |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マカダミナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【ごはん】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| 白飯           | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |         |      |         |    |       |   |    | ● |
| 【牛乳】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| 飲用牛乳         | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| 【さわらのみそマヨ焼き】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| さわら下味切身(40g) | 40              | 40              | ▲     |    | ▲ | ▲  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    | ▲   |    | ▲  | ▲  | ▲    |     | ▲  |         | ▲    |         | ▲  |       | ● |    |   |
| ノンエッグマヨネーズ   | 8               | 8               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| みそ(白)        | 3.2             | 3.2             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| 玉ねぎ          | 3               | 3               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 上白糖          | 1.7             | 1.7             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 本みりん         | 0.8             | 0.8             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 【キムタク炒め】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| 豚肩小間切れ       | 40              | 50              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |         |      |         |    |       |   |    | ● |
| 米油           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| たくあん漬け(カット)  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    | ●     |   |    | ● |
| 白菜キムチ        | 15              | 18.8            |       |    |   | ●  |    |     |   |     |    |     |    | ●  |      |         |     |    | ●   |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| 長ねぎ          | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 濃口醤油         | 0.5             | 0.63            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| 【つくね汁】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| ミートボール       | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     | ●  |         |      |         |    |       |   |    | ● |
| にんじん         | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 大根           | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 白菜           | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 油揚げ(スライス)    | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| しょうが         | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 薄口醤油         | 5               | 6.25            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |         |      |         |    |       |   |    | ● |
| 清酒           | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 塩            | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| だしパック(鰹・鯖)   | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 水            | 117             | 146             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |
| 【ぶどうゼリー】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    |   |
| ぶどうゼリー       | 50              | 50              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |         |      |         |    |       |   |    | ● |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)

詳細献立表

Aコース:2026年1月30日(金)  
Bコース:2026年1月8日(木)  
Cコース:2026年1月9日(金)

A16  
B1  
C2  
久喜市立学校給食センター

| 食品名             | 1人分<br>小<br>(g) | 1人分<br>中<br>(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
|-----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|---|
|                 |                 |                 | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |   |
| 【ごはん】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 白飯              | 65              | 100             |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ▲  |       |      |         |    |       |   |    | ● |
| 【牛乳】            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 飲用牛乳            | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 【オムレツ】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| プレーンオムレツ(40g)   | 40              | 0               |       |    | ● |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       | ● |    |   |
| プレーンオムレツ(50g)   | 0               | 50              |       |    | ● |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       | ● |    |   |
| 【ポテトサラダ】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 冷凍カットポテト(ダイス)   | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| きゅうり            | 7.5             | 9.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| にんじん            | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| ポークハム           | 4.5             | 5.63            |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     | ▲  | ▲  | ●  |      |     | ▲  |       |      |         |    |       | ● |    |   |
| ノンエッグマヨネーズ(ボトル) | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |       |      |         |    |       |   |    | ● |
| 【完熟トマトのハヤシライス】  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 豚肩小間切れ          | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   |    |   |
| 玉ねぎ             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 炒め玉ねぎ           | 15              | 18.8            | ▲     |    |   | ▲  |    |     | ▲ |     | ▲  |     | ▲  | ▲  |      |         | ▲   |    | ▲   | ▲  | ▲  | ●  | ▲    |     | ▲  |       |      | ▲       |    |       |   |    | ● |
| にんじん            | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| ウスターソース         | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| トマトケチャップ        | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| トマト             | 7               | 8.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| ハヤシブレイク         | 24              | 30              |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  | ▲  |      |     | ●  |       |      |         |    |       |   |    | ● |
| デミグラスソース        | 4               | 5               | ▲     | ▲  | ▲ | ●  |    | ▲   | ▲ | ▲   |    |     |    |    |      | ▲       |     |    | ▲   | ▲  | ●  | ▲  | ▲    |     | ▲  |       |      | ▲       | ▲  | ▲     |   |    | ● |
| 米油              | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    | ● |
| にんにく            | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |
| 水               | 95.8            | 120             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)