

## 詳細献立表

Aコース:2026年2月2日(月)  
 Bコース:2026年2月4日(水)  
 Cコース:2026年2月3日(火)

A1  
 B3  
 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 | マカロナ | やまいも | カシュー | 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             |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 【いわしの竜田揚[げしょうゆだれがけ]】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| いわし立田(40g)           | 40              | 0               |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   | ●  |
| いわし立田(50g)           | 0               | 50              |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   | ●  |
| 揚げ油(米油)              | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   | ●  |
| 上白糖                  | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   | ●  |
| 濃口醤油                 | 3               | 3.75            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 本みりん                 | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 清酒                   | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 水                    | 3.2             | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 【五目豆】                |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 刻み昆布                 | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 豚もも小間切れ              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| にんじん                 | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| ゆで大豆(冷凍)             | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| れんこん(カット)            | 6               | 7.5             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 濃口醤油                 | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 清酒                   | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 本みりん                 | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 三温糖                  | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| ごま油                  | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 米油                   | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 水                    | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 【けんちん汁】              |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 冷凍里芋(カット)            | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| にんじん                 | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 大根                   | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 洗いごぼう                | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 油揚げ(スライス)            | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 長ねぎ                  | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 米油                   | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 煮干粉                  | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| みそ(けいわ)              | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| みそ(白)                | 3.5             | 4.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 水                    | 111.7           | 140             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |

●…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2月3日(火)  
 Bコース:2026年2月5日(木)  
 Cコース:2026年2月4日(水)

A2

B4

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 |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | 月  | 後期       |      |         |   |
|------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|----------|------|---------|---|
|                  |                 |                 | 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 | ガルーダナッツ |   |
| 【メロンパン】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| メロンパン(30g)       | 30              | 0               |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      | ▲       | ● |
| メロンパン(50g)       | 0               | 50              |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      | ▲       | ● |
| 【牛乳】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 飲用牛乳             | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 【野菜のグラタン】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 5種の国産野菜グラタン(40g) | 40              | 0               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 5種の国産野菜グラタン(60g) | 0               | 60              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 【ブロッコリーのサラダ】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| ブロッコリー           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| ブロッコリー(冷凍)       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 小松菜              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| きゅうり             | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| ちらしあまぼこ(梅)       | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 米油               | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 上白糖              | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 酢                | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 塩                | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 白こしょう            | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 【米粉のクラムチャウダー】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 鶏胸小間             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| あさり水煮(冷凍)        | 15              | 18.8            |       | ●  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| にんじん             | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 玉ねぎ              | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 冷凍カットポテト(ダイス)    | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| むき枝豆(冷凍)         | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 調理用牛乳            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| コンソメ             | 2.5             | 3.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 塩                | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 白こしょう            | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 米油               | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| スキムミルク           | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| ミルクカルシウム         | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 米粉               | 3.85            | 4.81            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 水                | 95              | 119             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| 【みかんゼリー】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |
| みかんゼリー           | 50              | 50              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |   |

●…該当食品、▲…同一工場内での製造がある場合( kontamination )

## 詳細献立表

Aコース:2026年2月4日(水)  
 Bコース:2026年2月16日(月)  
 Cコース:2026年2月5日(木)

A3  
 B10  
 C4

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 | マカロナ | やまいも | カシュー | 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             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 【肉まん】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 肉まん(50g)   | 50              | 0               | ▲     |    |   | ▲  | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    | ●     |   |    |
| 肉まん(60g)   | 0               | 60              | ▲     |    |   | ▲  | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      | ●  | ●     |   |    |
| 【大根の和え物】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 大根         | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| ほうれんそう     | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| にんじん       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 濃口醤油       | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 米油         | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 酢          | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 上白糖        | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 【ごまみそラーメン】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| にんじん       | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| キャベツ       | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 長ねぎ        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| ホールコーン(冷凍) | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 豚肩小間切れ     | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| しょうが       | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| にんにく       | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 米油         | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| みそ(赤)      | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| みそ(けいわ)    | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 濃口醤油       | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 中華スープの素    | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| こま油        | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 白こしょう      | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| とりがらスープの素  | 3.3             | 4.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| ごま(白・すり)   | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| ごま(白・いり)   | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 水          | 138.28          | 173             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |
| 【小魚】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |    |
| 小魚         | 5               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |    |

●…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2月5日(木)①

Bコース:2026年2月27日(金)①

Cコース:2026年2月20日(金)①

A4

B18

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 |
| 【ごはん】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 白飯            | 65              | 100             |       |    |   |    | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  | ▲        |      |         |    |       | ● |
| 【牛乳】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 飲用牛乳          | 206             | 206             |       |    |   |    |    |     |   |     |    |     | ●  |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 【とり肉のから揚げ】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 鶏もも肉切り身(30g)  | 60              | 0               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 鶏もも肉切り身(35g)  | 0               | 70              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| にんにく          | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●        |      |         |    |       |   |
| しょうが          | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 濃口醤油          | 3               | 3.75            |       |    |   |    | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 清酒            | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| じゃがいも澱粉       | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 揚げ油(米油)       | 6               | 7               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 【れんこんのきんぴら】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| にんじん          | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| さつまあげ(冷凍)     | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| れんこん(カット)     | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 冷凍さやいんげん(カット) | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| ごま油           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 三温糖           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 濃口醤油          | 1.5             | 1.88            |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 本みりん          | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| こま(白・いり)      | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 和風だし          | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 水             | 10.4            | 13              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |

●…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)

«次項あり»

## 詳細献立表

Aコース:2026年2月5日(木)②

Bコース:2026年2月27日(金)②

Cコース:2026年2月20日(金)②

A4

B18

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 |
| 【キムチ鍋】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 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              |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 豆腐(冷凍・サイコロ) | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    | ●     |   |
| 白菜          | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 長ねぎ         | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| もやし         | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| にら          | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| しめじ(カット)    | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 濃口醤油        | 3.6             | 4.5             |       |    |   |    | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    | ●     |   |
| みそ(赤)       | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |          |      |         |    | ●     |   |
| 三温糖         | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 清酒          | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| こま油         | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |
| 水           | 43              | 53.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       | ● |

●…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2月6日(金)

Bコース:2026年2月18日(水)

Cコース:2026年2月13日(金)

A5

B12

C9

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 | マカロナ | やまいも | かぶ | ごま | アーモンド | 月 |
| 【ごはん】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 白飯            | 65              | 100             |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【牛乳】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 飲用牛乳          | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【海鮮お好みフライ】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 海鮮お好みフライ(50g) | 50              | 0               | ▲     |    | ▲ | ●  |    |     |   | ▲   | ▲  | ▲   | ▲  |    |      |         |     |    |     |    | ▲  | ▲  | ▲    | ▲   | ●  |      | ▲    | ●  |    |       |   |
| 海鮮お好みフライ(60g) | 0               | 60              | ▲     |    | ▲ | ●  |    |     |   | ▲   | ▲  | ▲   | ▲  |    |      |         |     |    |     |    | ▲  | ▲  | ▲    | ▲   | ●  |      | ▲    | ●  |    |       |   |
| 揚げ油(米油)       | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 中濃ソース(ボトル)    | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【切干大根のソース炒め】  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 切干大根          | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 豚肩小間切れ        | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| にんじん          | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| もやし           | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 生ちくわ(冷凍)      | 5               | 6.25            | ▲     |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 鰹節(碎片)        | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 中濃ソース         | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| ウスターーソース      | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| オイスターーソース     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| トマトケチャップ      | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 三温糖           | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 清酒            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 米油            | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【根菜のみぞ汁】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 鶏団子           | 20              | 25              |       |    |   |    |    |     |   | ▲   | ●  |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    | ▲     | ● |
| にんじん          | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 大根            | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 生揚げ(カット)      | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| れんこん(カット)     | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| みそ(けいわ)       | 7.5             | 9.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| だしパック(鰹・鯖)    | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 水             | 110             | 138             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |

●…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2月9日(月)

Bコース:2026年2月10日(火)

Cコース:2026年2月24日(火)

A6

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 |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      | 月    | 後期 |    |       |   |
|----------------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|----|----|-------|---|
|                      |                 |                 | 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 | マカロナ | やまいも | かぶ | ごま | アーモンド |   |
| 【ごはん】                |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 白飯                   | 65              | 100             |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【牛乳】                 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 飲用牛乳                 | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【さばの塩焼き】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 鯖塩焼き(40g)            | 40              | 0               | ▲     |    |   | ▲  | ▲  |     |   |     | ▲  |     | ▲  |    |      | ▲       | ●   |    |     |    |    |    |      |     |    |      |      | ▲  | ▲  | ●     |   |
| 鯖塩焼き(50g)            | 0               | 50              | ▲     |    | ▲ | ▲  |    |     |   |     | ▲  |     | ▲  |    |      | ▲       | ●   |    |     |    |    |    |      |     |    |      |      | ▲  | ▲  | ●     |   |
| 【ほうれん草のごま和え】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| ほうれんそう               | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| もやし                  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| にんじん                 | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 濃口醤油                 | 2.25            | 2.81            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| ごま(白・すり)             | 0.9             | 1.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 練りごま                 | 1.8             | 2.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 三温糖                  | 0.9             | 1.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 本みりん                 | 1.26            | 1.58            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 水                    | 2.7             | 3.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【かつおとこんぶが香るほほこにゅうめん】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 鶏胸小間                 | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 長ねぎ                  | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| にんじん                 | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| ちらしかまぼこ(ハート)         | 8               | 10              |       |    |   |    |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    | ●     |   |
| そつめん(温麺)             | 8               | 10              |       |    |   |    |    |     | ● | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    | ●     |   |
| しょうが                 | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 濃口醤油                 | 4               | 5               |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 塩                    | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| だしパック(鰹・鯖)           | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 昆布(だし昆布)             | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 水                    | 124.7           | 156             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【のりふりかけ】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| ふりかけ(のり)             | 2               | 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2月10日(火)  
 Bコース:2026年2月12日(木)  
 Cコース:2026年2月9日(月)

A7

B8

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 | マカロニ&ナップル | やまいも | かぶ | ごま | アーモンド | 月 | 後期 |   |
| 【こどもパン】           |                 |                 |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| こどもパン(50g)        | 50              | 0               |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    | ▲     |   | ●  |   |
| こどもパン(70g)        | 0               | 70              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    | ▲     |   | ●  |   |
| 【牛乳】              |                 |                 |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 飲用牛乳              | 206             | 206             |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 【ぶりたツタ】           |                 |                 |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| ぶり竜田揚げ(40g)       | 40              | 0               | ▲     |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    | ▲     | ▲ | ●  |   |
| ぶり竜田揚げ(50g)       | 0               | 50              | ▲     |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    | ▲     | ▲ | ●  |   |
| 揚げ油(米油)           | 4               | 5               |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 【ブロッコリーのガーリックソテー】 |                 |                 |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| ショルダーベーコン         | 8               | 10              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| にんじん              | 15              | 18.8            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| ブロッコリー(冷凍)        | 20              | 25              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| しめじ(カット)          | 8               | 10              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| にんにく              | 0.2             | 0.25            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 米油                | 0.8             | 1               |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 塩                 | 0.1             | 0.13            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 白こしょう             | 0.01            | 0.01            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 濃口醤油              | 0.2             | 0.25            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| コンソメ              | 1.2             | 1.5             |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 【かぼちゃの豆乳シチュー】     |                 |                 |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 鶏胸小間              | 15              | 18.8            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| にんじん              | 8               | 10              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 玉ねぎ               | 20              | 25              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    |   |
| 米油                | 1               | 1.25            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| かぼちゃペースト          | 20              | 25              |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| かぼちゃペースト(久喜市産)    | 10              | 12.5            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| かぼちゃ(カット)         | 25              | 31.3            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| コンソメ              | 2.5             | 3.13            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| とりがらスープの素         | 3               | 3.75            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 豆乳                | 27              | 33.8            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 米粉                | 3.8             | 4.75            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 塩                 | 0.6             | 0.75            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 白こしょう             | 0.02            | 0.03            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |
| 水                 | 63.28           | 79.1            |       |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |           |      |    |    |       |   |    | ● |

●…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2月12日(木)  
 Bコース:2026年2月3日(火)  
 Cコース:2026年2月2日(月)

A8

B2

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 | マカロナフ | やまいも | カヌーフラフ | ごま | アーモンド | 月 |
| 【ごはん】            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 白飯               | 65              | 100             |       |    |   |    | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 【牛乳】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 飲用牛乳             | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 【ポテトコロッケ甘辛ソースがけ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 国産豚肉のコロッケ(40g)   | 40              | 0               |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    | ●     |   |
| 国産豚肉のコロッケ(60g)   | 0               | 60              |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    | ●     |   |
| 揚げ油(米油)          | 4               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 中濃ソース            | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| トマトケチャップ         | 5               | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 清酒               | 0.9             | 1.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 濃口醤油             | 0.2             | 0.25            |       |    |   |    |    | ●   |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 水                | 4.8             | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 【もやしのおかか和え】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 小松菜              | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| もやし              | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| にんじん             | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 生ちくわ(冷凍)         | 5               | 6.25            | ▲     |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 濃口醤油             | 2.5             | 3.13            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    | ●     |   |
| 清酒               | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 水                | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| だしパック(鰹・鯖)       | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 鰯節(碎片)           | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 【野菜たっぷりすきやき風煮】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 豚もも小間切れ          | 40              | 50              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 米油               | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 白滝(カット)          | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 焼き豆腐(冷凍)         | 35              | 43.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 玉ねぎ              | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 長ねぎ              | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| 白菜               | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       |   |
| えのきたけ(カット)       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 濃口醤油             | 8               | 10              |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 三温糖              | 3.2             | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 清酒               | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |
| 水                | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |        |    |       | ● |

●…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2月13日(金)

Bコース:2026年2月9日(月)

Cコース:2026年2月19日(木)

A9

B6

C13

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 |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | 月  | 後期     |      |    |    |       |   |
|-------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|--------|------|----|----|-------|---|
|             |                 |                 | 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 | マカロニアフ | やまいも | かぶ | ごま | アーモンド |   |
| 【ソフトめん】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| ソフトめん(70g)  | 70              | 0               |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| ソフトめん(100g) | 0               | 100             |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    | ●     |   |
| 【牛乳】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 飲用牛乳        | 206             | 206             |       |    |   |    |    |     |   |     |    |     | ●  |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 【キャラメルホーテ】  |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| さつまいも(カット)  | 60              | 75              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 揚げ油(米油)     | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 三温糖         | 3.2             | 4               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 調理用バター      | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     | ●  |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 水           | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 【ツナサラダ】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| マグロ水煮       | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 小松菜         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| にんじん        | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 大根          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| ドレッシング(和風)  | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 【ボロネーゼ】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 豚ひき肉        | 24              | 30              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| にんにく        | 0.36            | 0.45            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| 玉ねぎ         | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| オリーブオイル     | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| にんじん        | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| セロリ         | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| トマトダイスカット   | 24              | 30              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |
| トマトケチャップ    | 16.8            | 21              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| デミグラスソース    | 3.6             | 4.5             | ▲     | ▲  | ▲ | ●  | ▲  | ▲   | ▲ |     |    |     |    |    |      |         | ▲   | ▲  | ▲   | ●  | ▲  | ▲  | ▲    | ▲   | ▲  | ▲      | ▲    | ●  |    |       |   |
| 赤ワイン        | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 三温糖         | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| コンソメ        | 4.2             | 5.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 塩           | 0.48            | 0.6             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 白こしょう       | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       | ● |
| 水           | 65              | 81.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |    |    |       |   |

●…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2月16日(月)

Bコース:2026年2月6日(金)

Cコース:2026年2月10日(火)

A10

B5

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 |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      | 月    | 後期 |    |       |   |
|----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|------|------|----|----|-------|---|
|                |                 |                 | 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 | マカロナ | やまいも | かぶ | ごま | アーモンド |   |
| 【ごはん】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 白飯             | 65              | 100             |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【牛乳】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 飲用牛乳           | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【さわらのカレー 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               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 塩              | 0.03            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| カレー粉           | 0.25            | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| パセリ(乾燥)        | 0.05            | 0.05            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 【そぼろごはんの具】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 豚ひき肉           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 大豆ミート          | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| にんじん           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 小松菜            | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 濃口醤油           | 3.5             | 4.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 本みりん           | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 三温糖            | 1.84            | 2.3             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| しょうが           | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 米油             | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 水              | 5.5             | 6.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 【具だくさんみそ汁】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 鶏胸小間           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| にんじん           | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 白菜             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 豆腐(冷凍・サイコロ)    | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 洗いごぼう          | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 大根             | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| 長ねぎ            | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |
| みそ(けいわ)        | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| みそ(白)          | 3.5             | 4.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| だしパック(鰹・鯖)     | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       | ● |
| 水              | 119             | 149             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |    |    |       |   |

●…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2月17日(火)  
 Bコース:2026年2月19日(木)  
 Cコース:2026年2月18日(水)

A11

B13

C12

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 | マカロナ | やまいも | カヌーナップ | ごま | アーモンド | 月 | 後期 |  |   |
| 【はちみつパン】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| はちみつパン(50g)     | 50              | 0               |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ●    |      |        | ▲  |       | ● |    |  |   |
| はちみつパン(70g)     | 0               | 70              |       |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |      | ▲    |        |    | ●     |   |    |  |   |
| 【牛乳】            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 飲用牛乳            | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 【米粉のチキンカツ】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 鶏胸切り身(50g)      | 50              | 0               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      | ●    |        |    |       |   |    |  |   |
| 鶏胸切り身(60g)      | 0               | 60              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      | ●    |        |    |       |   |    |  |   |
| 塩粒(粉末)          | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ▲    |      |        |    | ●     |   |    |  |   |
| 白こしょう           | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 清酒              | 0.38            | 0.47            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 米粉              | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 水               | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 米粉パン粉           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 揚げ油(米油)         | 5               | 6               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 中濃ソース(ボトル)      | 5               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 【キャベツのサラダ】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| にんじん            | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| キャベツ            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| ほうれんそう          | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| トレッシング(イタリアン)   | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  | ● |
| 【ウインナー入りトマトスープ】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| フランクフルト(カット)    | 10              | 12.5            |       |    |   |    |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    | ▲    | ▲    | ●      |    |       |   | ●  |  |   |
| 大根              | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 冷凍カットポテト(ダイス)   | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 玉ねぎ             | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| にんじん            | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| にんにく            | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| オリーブオイル         | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| トマトピューレ         | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| トマトケチャップ        | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| コンソメ            | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 塩               | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 白こしょう           | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 水               | 117.58          | 147             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| 【いよかん】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  |   |
| いよかん・カット        | 40              | 40              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |        |    |       |   |    |  | ● |

●…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2月18日(水)  
 Bコース:2026年2月2日(月)  
 Cコース:2026年2月12日(木)

A12  
 B1  
 C8

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 | マカロナ | やまいも | カシュー | ごま | アーモンド | 月 |
| 【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             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 【にらまんじゅう】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| にらまんじゅう(20g) | 40              | 40              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 【厚揚げのみそ炒め】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 鶏胸小間         | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| しょうが         | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 生揚げ(カット)     | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| キャベツ         | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| にんじん         | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 米油           | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| みそ(赤)        | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 濃口醤油         | 0.36            | 0.45            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 清酒           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 三温糖          | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 中華スープの素      | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| 【広東めん】       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 豚肩小間切れ       | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| なると(冷凍)      | 8               | 10              | ▲     | ▲  | ▲ |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| にんじん         | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 千切りきくらげ      | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       | ● |
| もやし          | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 白菜           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| しょうが         | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| にんにく         | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 長ねぎ          | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 米油           | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| とりがらスープの素    | 2.5             | 3.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 濃口醤油         | 9               | 11.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 塩            | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 白こしょう        | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| ごま油          | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 中華スープの素      | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| じゃがいも澱粉      | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |
| 水            | 135.28          | 169             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |      |      |      |    |       |   |

●…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2月19日(木)

Bコース:2026年2月13日(金)

Cコース:2026年2月17日(火)

A13

B9

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 | マカロニアフタフ | やまいも | カシューなづか | ごま | アーモンド | 月 |
| <b>【ごはん】</b>            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 白飯                      | 65              | 100             |       |    |   |    | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    | ●     |   |
| <b>【牛乳】</b>             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 飲用牛乳                    | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| <b>【ハンバーグ照り焼きソースがけ】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| ハンバーグ(40g)              | 40              | 0               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |          |      |         | ●  |       |   |
| ハンバーグ(60g)              | 0               | 60              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  | ●  |      |     |    |          |      |         | ●  |       |   |
| 本みりん                    | 2.8             | 3.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 上白糖                     | 1.7             | 2.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 濃口醤油                    | 2.8             | 3.5             |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| じゃかいも澱粉                 | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 水                       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| <b>【ひじきの五色炒め】</b>       |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 豚肩小間切れ                  | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         |    |       |   |
| 芽ひじき                    | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| もやし                     | 18              | 22.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| にんじん                    | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 緑豆春雨                    | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 冷凍さやいんげん(カット)           | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 米油                      | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 白こしょう                   | 0.01            | 0.01            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 清酒                      | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 濃口醤油                    | 1.4             | 1.75            |       |    |   |    | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |          |      | ●       |    |       |   |
| 中華スープの素                 | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  | ●  |    |      |     |    |          | ●    | ●       |    |       |   |
| 塩                       | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  | ●  |    |      |     |    |          |      | ●       |    |       |   |
| 水                       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| <b>【つみれのみぞ汁】</b>        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| いわしつみれ                  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 冷凍カットボテト(ダイス)           | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 大根                      | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 油揚げ(スライス)               | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |          |      |         | ●  |       |   |
| 白菜                      | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 長ねぎ                     | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| しょうが                    | 0.15            | 0.19            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| みそ(けいわ)                 | 7.5             | 9.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |          |      |         | ●  |       |   |
| 煮干粉                     | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         | ●  |       |   |
| 水                       | 128.5           | 161             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| <b>【黒糖ピーナツ】</b>         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |         |    |       |   |
| 黒糖豆(8g)                 | 8               | 8               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     | ●  | ▲  | ▲  | ●    |     |    |          |      |         |    |       |   |

●…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2月20日(金)  
 Bコース:2026年2月17日(火)  
 Cコース:2026年2月6日(金)

A14  
 B11  
 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 | マカロニ&チーズ | やまいも | かぼちゃ | ごま | アーモンド | 月 |
| 【麦ごはん】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 麦ごはん             | 65              | 100             |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| 【牛乳】             |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 飲用牛乳             | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 【白ごまつくね】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| レバー入り白ごまつくね(20g) | 40              | 40              |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| 【こんにゃく(サラダ)】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| こんにゃく(サラダこんにゃく)  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| キャベツ             | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 小松菜              | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| ドレッシング(具だくさん玉ねぎ) | 5               | 6.25            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| 【ポークカレー】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 豚肩小間切れ           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| じゃがいも            | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 玉ねぎ              | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| にんじん             | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| にんにく             | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |
| 中濃ソース            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| 米油               | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| トマトケチャップ         | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| トマトダイスカット        | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| カレーフレーク(甘口)      | 14              | 17.5            |       |    |   |    |    |     |   | ●   |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    | ●     |   |
| カレーフレーク(Fe)      | 5.5             | 6.88            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| ミルクカルシウム         | 2               | 2.5             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| スキムミルク           | 2               | 2.5             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       | ● |
| 水                | 115             | 144             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |      |    |       |   |

●…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2月24日(火)  
 Bコース:2026年2月26日(木)  
 Cコース:2026年2月25日(水)

A15

B17

C16

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 | ヤクルト | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マカロナ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| <b>【バターコッペ】</b>            |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| バターコッペ(50g)                | 50              | 0               |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    | ●    |      | ▲       |    | ●     |   |    |
| バターコッペ(70g)                | 0               | 70              |       |    | ▲ | ●  |    |     | ● |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    | ●    |      | ▲       |    | ●     |   |    |
| <b>【牛乳】</b>                |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 飲用牛乳                       | 206             | 206             |       |    |   |    |    |     | ● |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| <b>【フランクフルトケチャップソースがけ】</b> |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| フランクフルト(40g)               | 40              | 0               |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| フランクフルト(50g)               | 0               | 50              |       |    | ▲ |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 中濃ソース                      | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| トマトケチャップ                   | 6               | 7.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 上白糖                        | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 水                          | 1.6             | 2               |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| <b>【ジャーマンホテト】</b>          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 冷凍カットホテト(ダイス)              | 45              | 56.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 玉ねぎ                        | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| パセリ(乾燥)                    | 0.05            | 0.06            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| ショルダーベーコン                  | 5               | 6.25            |       |    | ▲ |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 米油                         | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 塩                          | 0.05            | 0.06            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 白こしょう                      | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 薄口醤油                       | 0.8             | 1               |       |    | ● |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       | ● |    |
| コンソメ                       | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| <b>【ミネストローネ】</b>           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| 鶏胸小間                       | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| キャベツ                       | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| にんじん                       | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 玉ねぎ                        | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| かぼちゃ(カット)                  | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| オリーブオイル                    | 0.8             | 1               |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| トマトダイスカット                  | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| トマトケチャップ                   | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| コンソメ                       | 2.5             | 3.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 塩                          | 0.4             | 0.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 白こしょう                      | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| 水                          | 86.6            | 108             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |
| <b>【りんごヨーグルト】</b>          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   |    |
| りんごヨーグルト                   | 70              | 70              |       |    |   |    |    |     | ● |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |      |      |         |    |       |   | ●  |

●…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2月25日(水)  
 Bコース:2026年2月24日(火)  
 Cコース:2026年2月26日(木)

A16

B15

C17

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 | マカロニ・ナップ | やまいも | かぶ | 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             |       |    |   |    |    |     |   |     |    |     |    | ●  |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 【わかさぎフリッター】   |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| わかさぎフリッター(一尾) | 24              | 24              |       |    |   |    |    | ●   |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       | ● |    |   |   |  |
| 揚げ油(米油)       | 3               | 3               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   | ●  |   |   |  |
| 【小松菜とチキンの和え物】 |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 小松菜           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 大根            | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| ささみフレーク(水煮)   | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| ドレッシング(ごま)    | 5               | 6.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 【かきたまうどん】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 豚肩小間切れ        | 20              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| にんじん          | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| 干椎茸           | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 白菜            | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 長ねぎ           | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 液卵(冷凍)        | 15              | 18.8            |       |    |   |    |    | ●   |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| 濃口醤油          | 13              | 16.3            |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| 本みりん          | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   | ● |  |
| 塩             | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| だしパック(鰹・鯖)    | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| じゃがいも澱粉       | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |
| 水             | 143             | 179             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| 【メープルマフィン】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |    |    |       |   |    |   |   |  |
| メープルマフィン      | 25              | 25              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     | ▲  | ▲   | ▲  |    |    |      |     |    |          |      |    |    |       |   |    | ● |   |  |

●…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2月26日(木)

Bコース:2026年2月25日(水)

Cコース:2026年2月27日(金)

A17

B16

C18

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 | ガシューーナッツ | ごま | アーモンド | 月 |
| 【ごはん】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 白飯            | 65              | 100             |       |    |   |    |    |     | ▲ |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 【牛乳】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 飲用牛乳          | 206             | 206             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 【ポークしゅうまい】    |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| ポークしゅうまい(18g) | 36              | 0               | ▲     | ▲  |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          | ▲  | ●     |   |
| ポークしゅうまい(30g) | 0               | 60              | ▲     | ▲  |   |    | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 【華風和え】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| キャベツ          | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| きゅうり          | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 大根            | 12              | 15              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 濃口醤油          | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 上白糖           | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 酢             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 中華スープの素       | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 塩             | 0.1             | 0.13            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 水             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 【マーボー豆腐】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 豚ひき肉          | 30              | 37.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 豆腐(冷凍・サイコロ)   | 60              | 75              |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| にんじん          | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 玉ねぎ           | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 長ねぎ           | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| しょうが          | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |
| 米油            | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| みそ(赤)         | 4               | 5               |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 濃口醤油          | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 上白糖           | 1.2             | 1.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 中華スープの素       | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| ごま油           | 0.6             | 0.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 豆板醤           | 0.35            | 0.44            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| オイスターーソース     | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| しゃかいも澱粉       | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    | ●     |   |
| 水             | 35              | 43.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |          |      |          |    |       |   |

●…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2月27日(金)  
 Bコース:2026年2月20日(金)  
 Cコース:2026年2月16日(月)

A18  
 B14  
 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 |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     | 月  | 後期    |      |      |    |   |   |
|----------------|-----------------|-----------------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|------|-----|----|-----|----|----|----|------|-----|----|-------|------|------|----|---|---|
|                |                 |                 | 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 | マカロニ | 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 | かぼちゃ | ごま |   |   |
| 【ごはん】          |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 白飯             | 65              | 100             |       |    |   |    |    |     |   | ▲   |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  |   |   |
| 【牛乳】           |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 飲用牛乳           | 206             | 206             |       |    |   |    |    |     |   | ●   |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 【フルコギ】         |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 豚肩小間切れ         | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  |   |   |
| 豚もも小間切れ        | 25              | 31.3            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 米油             | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| にんにく           | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| しょうが           | 0.5             | 0.63            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 玉ねぎ            | 23              | 28.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| しめじ(カット)       | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 塩              | 0.2             | 0.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  | ● |   |
| 白こしょう          | 0.02            | 0.03            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  | ● |   |
| みそ(けいわ)        | 0.3             | 0.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  | ● |   |
| 濃口醤油           | 3               | 3.75            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      | ●  | ● |   |
| 三温糖            | 1.5             | 1.88            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 【キャベツの和え物】     |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| キャベツ           | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| ブロッコリー(冷凍)     | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| カリフラワー(冷凍)     | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| ホールコーン(冷凍)     | 3               | 3.75            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| ドレッシング(ナムル)    | 5               | 6.25            |       |    |   |    |    |     |   | ●   |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 【ごまみそ汁】        |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| にんじん           | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| かぼちゃ(カット)      | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 長ねぎ            | 8               | 10              |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 生揚げ(カット・サイコロ型) | 15              | 18.8            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 大根             | 10              | 12.5            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 白菜             | 16              | 20              |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| みそ(けいわ)        | 7.5             | 9.38            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| ごま(白・いり)       | 1               | 1.25            |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● | ● |
| だしパック(鰹・鯖)     | 2               | 2.5             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |
| 水              | 110.5           | 138             |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 【梨ランスゼリー】      |                 |                 |       |    |   |    |    |     |   |     |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    |   |   |
| 梨ランスゼリー        | 70              | 70              |       |    |   |    |    |     |   | ▲   |    |     |    |    |      |      |     |    |     |    |    |    |      |     |    |       |      |      |    | ● |   |

●…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)