



# 詳細献立表

Aコース:2026年4月13日(月)  
 Bコース:2026年4月10日(金)  
 Cコース:2026年4月14日(火)

A2  
 B1  
 C3

久喜市立学校給食センター

| 食品名             | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
|-----------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|--|--|--|--|--|--|
|                 |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |  |  |  |
| 【ごはん】           |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 白飯              | 60      | 100     |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【牛乳】            |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 飲用牛乳            | 206     | 206     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【さわらの香味焼き】      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| さわら切身生姜醤油漬(50g) | 50      | 0       | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    |     |    | ▲  | ▲  | ▲    | ▲   | ●  |       | ▲    |         |    |       |   | ●  |  |  |  |  |  |  |
| さわら切身生姜醤油漬(60g) | 0       | 60      | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    |     |    | ▲  | ▲  | ▲    | ▲   | ●  |       | ▲    |         |    |       |   | ●  |  |  |  |  |  |  |
| 【キムタク炒め】        |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 豚肩小間切れ          | 35      | 43.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 米油              | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| たくあん漬(カット)      | 12      | 15      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 白菜キムチ           | 12      | 15      |       |    |   | ●  |    |     |   |     | ▲  |     |    |    |      |         |     |    |     |    |    |    | ▲    |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 長ねぎ             | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 上白糖             | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 濃口醤油            | 0.4     | 0.5     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【えのきのみそ汁】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 鶏胸小間            | 11      | 13.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| ごま油             | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| にんじん            | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 玉ねぎ             | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 豆腐(冷凍・サイコロ)     | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| こんにやく(短冊切り)     | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 油揚げ(スライス)       | 4       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| えのきたけ(カット)      | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| みそ(白)           | 3.5     | 4.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| みそ(赤)           | 4       | 5       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 煮干粉             | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 水               | 115.7   | 145     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |

●…該当食品、▲…同一工場内での製造がある場合(コンタミネーション)



# 詳細献立表

Aコース:2026年4月15日(水)  
 Bコース:2026年4月30日(木)  
 Cコース:2026年4月16日(木)

A4  
 B14  
 C5

久喜市立学校給食センター

| 食品名          | 1人分小(g) | 1人分中(g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
|--------------|---------|---------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|--|---|---|---|
|              |         |         | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |   |   |   |
| 【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     |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 【たこ焼き】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 米粉たこ焼き(20g)  | 40      | 40      |       |    | ▲ | ▲  |    | ▲   |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   |    |  | ● |   |   |
| 中濃ソース        | 3.6     | 3.6     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| ウスターソース      | 1.8     | 1.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| トマトケチャップ     | 1.8     | 1.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| 濃口醤油         | 1.8     | 1.8     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| 上白糖          | 1       | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| 和風だし         | 0.3     | 0.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| じゃがいも澱粉      | 0.2     | 0.2     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   | ● |   |
| 水            | 3.5     | 3.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 【ほうれん草のおひたし】 |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| ほうれん草        | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| にんじん         | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| もやし          | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 濃口醤油         | 2.3     | 2.88    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 清酒           | 1       | 1.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| だしパック(鰹・鯖)   | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 水            | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 【肉うどん】       |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 豚肩小間切れ       | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   |   |   |
| にんじん         | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 玉ねぎ          | 20      | 25      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| 長ねぎ          | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |
| しめじ(カット)     | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 油揚げ(スライス)    | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   |    |  |   |   | ● |
| 濃口醤油         | 11.5    | 14.4    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 本みりん         | 0.8     | 1       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 上白糖          | 1.5     | 1.88    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 塩            | 0.1     | 0.13    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| だしパック(鰹・鯖)   | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    | ●    |     |    |       |      |         |    |       |   |    |  |   |   | ● |
| 水            | 146.1   | 183     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |   |   |   |

●…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4月22日(水)

Bコース:2026年4月20日(月)

Cコース:2026年4月23日(木)

A9

B7

C10

久喜市立学校給食センター

| 食品名           | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
|---------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|---|---|
|               |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |   |
| 【中華めん】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 中華めん(70g)     | 70       | 0        |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 中華めん(100g)    | 0        | 100      |       |    | ▲ | ●  | ▲  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 【牛乳】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 飲用牛乳          | 206      | 206      |       |    |   |    |    |     | ● |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 【ちくわのから揚げ】    |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| ちくわのから揚げ(30g) | 30       | 0        | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    | ▲   |    | ▲  | ▲  | ▲    |     | ●  |       | ▲    |         | ▲  |       | ● |    |   |   |
| ちくわのから揚げ(20g) | 0        | 40       | ▲     |    | ▲ | ●  |    |     | ▲ |     | ▲  |     | ▲  | ▲  | ▲    |         |     |    | ▲   |    | ▲  | ▲  | ▲    |     | ●  |       | ▲    |         | ▲  |       | ● |    |   |   |
| 揚げ油(米油)       | 3        | 4        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |
| 【中華サラダ】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| きゅうり          | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| キャベツ          | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| にんじん          | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| ドレッシング(中華)    | 5        | 6.25     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |
| 【塩ラーメン】       |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 豚肩小間切れ        | 20       | 25       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   |    |   |   |
| 米油            | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |
| にんにく          | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| しょうが          | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| なると(冷凍)       | 10       | 12.5     | ▲     | ▲  | ▲ | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ▲  |       |      | ▲       |    |       |   |    | ● |   |
| チンゲン菜         | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| もやし           | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| にんじん          | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| 長ねぎ           | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| ホールコーン(冷凍)    | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   |   |
| とりがらスープの素     | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  |      |     |    |       |      |         |    |       |   |    |   | ● |
| 中華スープの素       | 1.5      | 1.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    | ●  | ●    |     | ●  |       |      | ●       |    |       |   |    | ● |   |
| 濃口醤油          | 2        | 2.5      |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ●   |    |       |      |         |    |       |   |    |   | ● |
| 塩             | 1.2      | 1.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |
| 白こしょう         | 0.02     | 0.03     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |
| 水             | 148.88   | 186      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |   | ● |

●…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

# 対応食提供日

※対応食を申請されている方は、別紙「食物アレルギー対応食詳細献立表」をご確認ください。



A10  
B9  
C11

久喜市立学校給食センター

Aコース：2026年4月23日（木）  
Bコース：2026年4月22日（水）  
Cコース：2026年4月24日（金）

| 食品名              | 1人分小 (g) | 1人分中 (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 | セラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |  |  |  |  |
| 【ごはん】            |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 白飯               | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【牛乳】             |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 飲用牛乳             | 206      | 206      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【豆腐ナゲット】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 豆腐ナゲット(20g)      | 40       | 40       |       |    |   | ▲  | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 揚げ油(米油)          | 4        | 4        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【ブロッコリーのサラダ】     |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| ブロッコリー(冷凍)       | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| きゅうり             | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| キャベツ             | 15       | 18.8     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| ホールコーン(冷凍)       | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| ドレッシング(具だくさん玉ねぎ) | 5        | 6.25     |       |    |   |    | ●  |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 【ポークカレー】         |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 豚もも小間切れ          | 18       | 22.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 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)      | 12       | 15       |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| カレーフレーク(Fe)      | 7.5      | 9.38     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| ミルクカルシウム         | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| スキムミルク           | 1        | 1.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |
| 水                | 91.2     | 114      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |  |  |  |  |

●…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4月24日(金)  
 Bコース:2026年4月21日(火)  
 Cコース:2026年4月17日(金)

A11  
 B8  
 C6

久喜市立学校給食センター

| 食品名            | 1人分小 (g) | 1人分中 (g) | アレルゲン |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
|----------------|----------|----------|-------|----|---|----|----|-----|---|-----|----|-----|----|----|------|---------|-----|----|-----|----|----|----|------|-----|----|-------|------|---------|----|-------|---|----|--|--|---|---|
|                |          |          | えび    | かに | 卵 | 小麦 | そば | 落花生 | 乳 | あわび | いか | いくら | さけ | さば | オレンジ | キウイフルーツ | バナナ | もも | りんご | 牛肉 | 鶏肉 | 豚肉 | ゼラチン | くるみ | 大豆 | マヨネーズ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |  |  |   |   |
| 【ごはん】          |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 白飯             | 60       | 100      |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      | ▲   |    |       |      |         |    |       |   |    |  |  |   |   |
| 【牛乳】           |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 飲用牛乳           | 206      | 206      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 【まぐろカツ甘辛ソースがけ】 |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| まぐろカツ(40g)     | 40       | 0        | ▲     |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| まぐろカツ(60g)     | 0        | 60       | ▲     |    | ▲ | ●  |    |     |   | ▲   |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| 揚げ油(米油)        | 4        | 6        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| 中濃ソース          | 3.4      | 4.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| トマトケチャップ       | 2.5      | 3.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| 清酒             | 0.9      | 1.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| 濃口醤油           | 0.3      | 0.38     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  | ● |   |
| 水              | 4.8      | 6        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 【キャベツのおかか炒め】   |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 豚肩小間切れ         | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| しょうが           | 0.2      | 0.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| キャベツ           | 25       | 31.3     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 玉ねぎ            | 10       | 12.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| にんじん           | 12       | 15       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 米油             | 0.8      | 1        |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 濃口醤油           | 0.7      | 0.88     |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 中華スープの素        | 0.7      | 0.88     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 塩              | 0.1      | 0.13     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 鰹節(碎片)         | 0.5      | 0.63     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 【せんべい汁】        |          |          |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 鶏もも小間切れ        | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 豆腐(冷凍・サイコロ)    | 16       | 20       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 大根             | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 長ねぎ            | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 南部せんべい(割れ)     | 5        | 6.25     |       |    |   | ▲  | ●  |     |   | ▲   | ▲  |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |
| 油揚げ(スライス)      | 8        | 10       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| みそ(白)          | 2.5      | 3.1      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| みそ(けいわ)        | 5        | 6.25     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 煮干しパック         | 2        | 2.5      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   | ● |
| 水              | 130.5    | 163      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |       |      |         |    |       |   |    |  |  |   |   |

●…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4月28日(火)  
 Bコース: 2026年4月23日(木)  
 Cコース: 2026年4月30日(木)

A13  
 B10  
 C14

久喜市立学校給食センター

| 食品名                 | 1人分小(g) | 1人分中(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 | マメ科ナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 前期 |   |
| <b>【メロンパン】</b>      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| メロンパン(30g)          | 30      | 0       |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |        |      |         | ▲  |       |   |    |   |
| メロンパン(50g)          | 0       | 50      |       |    | ▲ | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |        |      |         | ▲  |       |   |    |   |
| <b>【牛乳】</b>         |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| 飲用牛乳                | 206     | 206     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |        |      |         |    |       |   |    |   |
| <b>【とり肉のパン粉焼き】</b>  |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| 鶏胸切り身(50g)          | 50      | 0       |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |        |      |         |    |       |   |    |   |
| 鶏胸切り身(60g)          | 0       | 60      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ●  |    |      |     |    |        |      |         |    |       |   |    |   |
| 塩                   | 0.1     | 0.12    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   | ●  |   |
| 白こしょう               | 0.01    | 0.01    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   | ●  |   |
| ノンエッグマヨネーズ          | 6       | 7.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |        |      |         |    |       |   | ●  |   |
| バセリ(乾燥)             | 0.05    | 0.06    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   | ●  |   |
| パン粉(乾燥)             | 6.2     | 7.75    |       |    |   | ●  |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  |    | ▲    |     | ▲  |        |      |         |    |       |   | ●  |   |
| <b>【野菜と大豆のトマト煮】</b> |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| フランクフルト(カット)        | 5       | 6.25    |       |    |   | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   | ●  |   |
| にんじん                | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 玉ねぎ                 | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| ゆで大豆(冷凍)            | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    | ▲  |    | ▲    |     | ●  |        |      |         |    |       |   | ●  |   |
| トマトダイスカット           | 18      | 22.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| にんにく                | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| オリーブオイル             | 0.2     | 0.25    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| トマトケチャップ            | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| コンソメ                | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 白こしょう               | 0.01    | 0.01    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 塩                   | 0.1     | 0.13    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 上白糖                 | 0.3     | 0.38    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 水                   | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| <b>【コンソメスープ】</b>    |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| ミートボール              | 24      | 30      | ▲     | ▲  | ▲ | ▲  |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     | ●  |        |      |         |    |       |   |    | ● |
| 冷凍カットポテト(ダイス)       | 10      | 12.5    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| にんじん                | 7       | 8.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 玉ねぎ                 | 15      | 18.8    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| ホールコーン(冷凍)          | 8       | 10      |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| コンソメ                | 3       | 3.75    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 白ワイン                | 2       | 2.5     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 塩                   | 0.5     | 0.63    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 米油                  | 0.7     | 0.88    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 白こしょう               | 0.01    | 0.01    |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| 水                   | 119.79  | 150     |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    | ● |
| <b>【春のゼリー】</b>      |         |         |       |    |   |    |    |     |   |     |    |     |    |    |      |         |     |    |     |    |    |    |      |     |    |        |      |         |    |       |   |    |   |
| さくらゼリー              | 30      | 30      |       |    | ▲ | ▲  |    |     |   |     |    |     |    | ▲  | ▲    | ▲       | ▲   | ▲  | ▲   |    |    |    |      | ▲   |    | ▲      |      |         | ▲  | ▲     |   | ●  |   |

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