

詳細献立表

Aコース: 2026年7月15日(水)
 Bコース: 2026年7月1日(水)
 Cコース: 2026年7月17日(金)

A11
 B1
 C13

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 | パセリ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【さばのカレー焼き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さば切身カレー風味漬け(40g) | 40 | 0 | ▲ | | ▲ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | | |
| さば切身カレー風味漬け(50g) | 0 | 50 | ▲ | | ▲ | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | | |
| 【切干大根の炒め物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| しょうが | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 玉ねぎ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| もやし | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| にら | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 切干大根 | 2.4 | 3 | ▲ | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | | | ● | |
| ごま油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 濃口醤油 | 2 | 2.5 | | | | ● | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● | |
| 上白糖 | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| みそ(赤) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| ごま(白・いり) | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 【キムチのピリ辛みそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| じゃがいも | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット・サイコロ型) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜キムチ | 8 | 10 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(けいわ) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(白) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 108.7 | 136 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【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7月17日(金)①
 Bコース:2026年7月8日(水)①
 Cコース:2026年7月6日(月)①

A13①
 B6①
 C4①

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 | マカダミヤナシ | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【まるやか黒酢のあまからチキン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸下味澱粉付(40g) | 40 | 0 | ▲ | | ▲ | ● | | | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | | ● | ▲ | ▲ | | ● | | ▲ | | | | | | ● | | | | |
| 鶏胸下味澱粉付(60g) | 0 | 60 | ▲ | | ▲ | ● | | | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | | ● | ▲ | ▲ | | ● | | ▲ | | | | | | ● | | | | |
| 揚げ油(米油) | 4 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| 玉ねぎ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.7 | 0.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 塩 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 三温糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 黒酢 | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 酢 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 濃口醤油 | 0.25 | 0.31 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | ● | |
| じゃがいも澱粉 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 水 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ゴーヤイリチー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゴーヤ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鰹節(碎片) | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 0.7 | 0.88 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | ● |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| じゃがいも澱粉 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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7月10日(金)
 Bコース:2026年7月15日(水)
 Cコース:2026年7月14日(火)

A8
 B11
 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 | | | | |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 60 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | ▲ | | | | | | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ゼンマイ入りビビンバ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも千切り | 50 | 62.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| 玉ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こんにゃく(突きこんにゃく) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| ぜんまい(水煮) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| にら | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 4 | 5 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | ● | |
| 上白糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| ごま油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| ごま(白・いり) | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 【もやしのナムル】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホールコーン(冷凍) | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 13 | 16.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(ナムル) | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | | | | ● | |
| 【トック入りわかめスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 8 | 10 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットわかめ(外国産) | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| トック | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 4 | 5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 0.7 | 0.88 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | | | | ● | |
| 塩 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | | ● |
| 白ごしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 118.68 | 148 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

●…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)

