# 詳細献立表

Aコース：2026年11月5日（木）　A3
Bコース：2026年11月6日（金）　B4
Cコース：2026年11月2日（月）　C1

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ししゃもの竜田揚げ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 子持ししゃも竜田揚(一尾)(30g) | 30 | 0 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ▲ | | ● | |
| 子持ししゃも竜田揚(一尾)(20g) | 0 | 40 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ▲ | | ● | |
| 揚げ油（米油） | 3 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【れんこんのきんぴら】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 12 | 15 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| さつまあげ(冷凍) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| れんこん(カット) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 冷凍さやいんげん(カット) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | | ● |
| ごま(白・いり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 三温糖 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 1.5 | 1.88 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 和風だし | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 9 | 11.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【みそけんちん汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍里芋(カット) | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 洗いごぼう | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 押し豆腐(カット) | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 長ねぎ | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 115.5 | 144 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【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11月17日（火）　A11
Bコース：2026年11月26日（木）　B17
Cコース：2026年11月4日（水）　C2

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ハンバーグケチャップソースがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ハンバーグ(50g) | 50 | 0 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | ● |
| ハンバーグ(60g) | 0 | 60 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | | | | | ● |
| トマトケチャップ | 5 | 6.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中濃ソース | 1.8 | 2.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1.6 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【マッシュポテト】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍カットポテト(ダイス) | 55 | 68.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ホールコーン(冷凍) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【アルファベットスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 玉ねぎ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| マカロニ(アルファベット) | 4 | 5 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白ワイン | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 2.8 | 3.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 120.78 | 151 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合（コンタミネーション）

# 詳細献立表

Aコース：2026年11月25日（水）　A16
Bコース：2026年11月30日（月）　B19
Cコース：2026年11月5日（木）　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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【さわらのもみじ焼き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さわら切身紅葉漬(40g) | 40 | 0 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ● | | ● | |
| さわら切身紅葉漬(50g) | 0 | 50 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ● | | ● | |
| パプリカパウダー | 0.06 | 0.08 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ぽりぽり和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たくあん漬け(カット) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● | |
| 大根 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| きゅうり | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 薄口醤油 | 1 | 1.25 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 三温糖 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ちゃんこうどん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 18 | 22.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 塩こうじ(液体) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 冷凍のらぼう菜 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 白菜 | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| にんにく | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| みそ(赤) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| みそ(白) | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 濃口醤油 | 0.7 | 0.88 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 清酒 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 131.1 | 164 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月13日（金）
Bコース：2026年11月27日（金）
Cコース：2026年11月6日（金）

# 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。



A9
B18
C4

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【ポークしゅうまい】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ポークしゅうまい(20g) | 40 | 0 | ▲ | ▲ | | ● | | | | | | | | | | | | | | | ▲ | ● | | | ● | | | | ▲ | | ● | |
| ポークしゅうまい(30g) | 0 | 60 | ▲ | ▲ | | ● | | | | | | | | | | | | | | | ▲ | ● | | | ● | | | | ▲ | | ● | |
| 【うずらの卵入り八宝菜】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| うずらの卵 | 20 | 25 | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 豚肩小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白菜 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たけのこ(水煮) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| しょうが | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 1 | 1.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 塩 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| とりがらスープの素 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| じゃがいも澱粉 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【とりねぎ生姜スープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| しょうが | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれん草（冷凍） | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| もやし | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | | ● |
| 塩 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 薄口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| ごま(白・いり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 132.58 | 166 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【久喜市産いちごのゼリー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 久喜市産いちごゼリー | 18 | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |

●…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11月16日（月）　A10
Bコース：2026年11月25日（水）　B16
Cコース：2026年11月9日（月）　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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【わらじカツ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| とんかつ(50g) | 50 | 0 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ● | ▲ | | ● | | ▲ | | ▲ | | |
| とんかつ(60g) | 0 | 60 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | ▲ | | | | ▲ | | ▲ | ● | ▲ | | ● | | ▲ | | ▲ | | |
| 揚げ油（米油） | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 本みりん | 2.4 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【青菜とわかめのぽん酢和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットわかめ(外国産) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ホールコーン(冷凍) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ぽん酢 | 2 | 2.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | ● | |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● |
| 上白糖 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【なめこ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| なめこ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 大根 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 豆腐(冷凍・サイコロ) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 長ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みそ(赤) | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| みそ(白) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 煮干しパック | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 118.5 | 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）

# 詳細献立表

Aコース：2026年11月30日（月）　A19
Bコース：2026年11月11日（水）　B7
Cコース：2026年11月10日（火）　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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【甘辛ねぎぶた丼】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 豚肩小間切れ | 40 | 50 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白滝(カット) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 長ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3.8 | 4.75 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 三温糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | ● |
| ごま油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 【大根のナムル】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(ナムル) | 4 | 5 | | | | ● | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | ● |
| 【ワンタンスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ワンタンの皮 | 10 | 12.5 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| なると(冷凍) | 8 | 10 | ▲ | ▲ | ▲ | ▲ | | | | | | | | | | | | | | | | | | ▲ | | | | ▲ | | | ● |
| 濃口醤油 | 3 | 3.75 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| 中華スープの素 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 125.57 | 157 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月10日（火）
Bコース：2026年11月5日（木）
Cコース：2026年11月11日（水）

# 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。



A6
B3
C7

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ロールパン（クレセント型）】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ロールパン(クレセント型)(50g) | 50 | 0 | | | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | ● | | | | ▲ | | | | |
| ロールパン(クレセント型)(70g) | 0 | 70 | | | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | ● | | | | ▲ | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【タンドリーチキン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏もも肉切り身(60g) | 60 | 0 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 鶏もも肉切り身(80g) | 0 | 80 | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | | |
| 塩 | 0.12 | 0.16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんにく | 0.24 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.36 | 0.46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ノンエッグマヨネーズ | 4.8 | 7.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| トマトケチャップ | 3 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレー粉 | 0.7 | 0.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.24 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ブロッコリーのサラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ブロッコリー（冷凍） | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ほうれん草（冷凍） | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(塩中華) | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【クラムチャウダー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ショルダーベーコン | 10 | 12.5 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | ▲ | | | | | | | | ● |
| あさり水煮(冷凍) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍カットポテト(ダイス) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 調理用牛乳 | 30 | 37.5 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | 1.38 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | ● |
| ロースト小麦 | 4 | 5 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 89.09 | 111 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月11日（水）　A7
Bコース：2026年11月16日（月）　B10
Cコース：2026年11月12日（木）　C8

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | ▲ | | ▲ | ● | | | ▲ | | | | | | | | | | ▲ | ▲ | ▲ | ● | ▲ | | ● | | | | ● | | ● | |
| 【もやし炒め】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| もやし | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| チンゲン菜 | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| たけのこ(千切り) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| しょうが | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 1.65 | 2.06 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 三温糖 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆板醤 | 0.1 | 0.13 | | | | ▲ | | ▲ | | | | | | | | | | | | | ▲ | ▲ | | | ● | | | | ▲ | | ● | |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | ● | |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | ● |
| じゃがいも澱粉 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【豆腐ラーメン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚ひき肉 | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆腐(冷凍・サイコロ) | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットわかめ(外国産) | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 4 | 5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| ケイトンタン(鶏豚湯) | 4 | 5 | | | | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | ● |
| 濃口醤油 | 6 | 7.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 薄口醤油 | 6 | 7.5 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 中華スープの素 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | ● | ● | | | ● | | | | ● | | ● |
| じゃがいも澱粉 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 128.28 | 160 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月12日（木）　A8
Bコース：2026年11月10日（火）　B6
Cコース：2026年11月13日（金）　C9

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【かつおカツ甘辛ソースがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かつおカツ(40g) | 40 | 0 | ▲ | | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | | ● | | | | | ● | |
| かつおカツ(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 | 3.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.9 | 1.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 0.3 | 0.4 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 水 | 4.8 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【ひじきの煮物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 芽ひじき | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| こんにゃく(突きこんにゃく) | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| さつまあげ(冷凍) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| むき枝豆(冷凍) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 1.7 | 2.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 1.7 | 2.13 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 水 | 9 | 11.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【かぶのみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍カットポテト(ダイス) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| かぶ | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| カットわかめ(外国産) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆腐(冷凍・サイコロ) | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 油揚げ(スライス) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| みそ(けいわ) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| みそ(白) | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 煮干しパック | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 116 | 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11月27日（金）①　　A18①
Bコース：2026年11月17日（火）①　　B11①
Cコース：2026年11月16日（月）①　　C10①

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【手作りゼリーフライ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍マッシュポテト | 22 | 22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| おからパウダー | 3.5 | 3.5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 水 | 18 | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 3 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 3.4 | 3.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 2.6 | 2.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米粉 | 3 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米粉パン粉 | 0.25 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | ● |
| 米油 | 0.4 | 0.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.2 | 0.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 揚げ油（米油） | 5 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ウスターソース | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 中濃ソース | 6 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 1.2 | 1.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【かてめしの具】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼう(ささがき) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 干椎茸 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 油揚げ(スライス) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| こんにゃく(突きこんにゃく) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 冷凍さやいんげん(カット) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | ● |
| 米油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 上白糖 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3.5 | 4.38 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 清酒 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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）

≪次頁あり≫

# 詳細献立表

Aコース：2026年11月27日（金）②　　A18②
Bコース：2026年11月17日（火）②　　B11②
Cコース：2026年11月16日（月）②　　C10②

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【肉団子汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ミートボール | 25 | 31.3 | | | ▲ | ● | | | | | | | | | | | | ▲ | ▲ | ▲ | ● | ▲ | | | ● | | | | ▲ | | | ● | |
| 白菜 | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 1 | 1.25 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| みそ(けいわ) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| みそ(白) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | | ● |
| 水 | 117 | 146 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月19日（木）
Bコース：2026年11月20日（金）
Cコース：2026年11月17日（火）

# 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。



A13
B14
C11

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【麦ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 麦ごはん | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【つくね】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| レバー入り白ごまつくね(20g) | 40 | 40 | ▲ | ▲ | ▲ | ● | | | ▲ | | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | ▲ | ● | ● | ▲ | | ● | | ▲ | | ● | | ● | |
| 【花野菜サラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フロッコリー | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| フロッコリー(冷凍) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カリフラワー(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ホールコーン(冷凍) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ドレッシング(イタリアン) | 4.2 | 5.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【和風カレー】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 12 | 15 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| じゃがいも | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ほうれん草(冷凍) | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんにく | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みそ(白) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 濃口醤油 | 0.4 | 0.5 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| カレーフレーク(甘口) | 13 | 16.3 | | | | ● | | | ● | | | | | | | | ● | | ● | | | ● | | ● | | | | | | | ● |
| カレーフレーク(Fe) | 6 | 7.5 | | | | ● | | | | | | | | | | | | | | | ● | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | ● |
| 水 | 96.2 | 120 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合（コンタミネーション）

# 詳細献立表

Aコース：2026年11月2日（月）　A1
Bコース：2026年11月12日（木）　B8
Cコース：2026年11月18日（水）　C12

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ツイストパン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ツイストパン(50g) | 50 | 0 | | | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | ● | | | | ▲ | | | | |
| ツイストパン(70g) | 0 | 70 | | | ▲ | ● | | | ▲ | | | | | | | | | | | | | | | ● | | | | ▲ | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【赤魚のバジルソース焼き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 赤魚バジルソース漬(40g) | 40 | 0 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ▲ | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | | |
| 赤魚バジルソース漬(50g) | 0 | 50 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ▲ | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | | |
| 【フルーツポンチ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パインアップル(レトルト) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ダイスゼリー(みかん) | 20 | 25 | | | ▲ | ▲ | | | ▲ | | | | | | | | | | | | | | | | | | | | | | | ● |
| ダイスゼリー(りんご) | 20 | 25 | | | ▲ | ▲ | | | ▲ | | | | | | ▲ | ▲ | ▲ | ▲ | ● | | | | ▲ | ▲ | | | | ▲ | ▲ | | | ● |
| ダイスゼリー(シャインマスカット) | 25 | 31.3 | | | ▲ | ▲ | | | ▲ | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【かぼちゃの豆乳スープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| かぼちゃペースト(久喜市産) | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| かぼちゃ(カット) | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 玉ねぎ | 25 | 31.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| パセリ(乾燥) | 0.03 | 0.04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 豆乳 | 30 | 37.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 塩 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 2.5 | 3.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| とりがらスープの素 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | ● |
| 米粉 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 71.46 | 89.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月18日（水）　A12
Bコース：2026年11月2日（月）　B1
Cコース：2026年11月19日（木）　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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【ゴロゴロ大学芋】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまいも(皮付2cm角) | 70 | 87.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 揚げ油（米油） | 7 | 8.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 3.5 | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 2.3 | 2.88 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ごま(黒・いり) | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| じゃがいも澱粉 | 0.22 | 0.28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【親豆子豆和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| むき枝豆(冷凍) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ゆで大豆(冷凍) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| きゅうり | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ドレッシング(具だくさん玉ねぎ) | 4.2 | 5.25 | | | | ● | | | | | | | | | | | | | ● | | | | | ● | | | | | | | ● |
| 【煮ぼうとうつけ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸小間 | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 白菜 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しめじ(カット) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごぼう(ささがき) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 長ねぎ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 10 | 12.5 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 143.9 | 180 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月6日（金）　A4
Bコース：2026年11月13日（金）　B9
Cコース：2026年11月20日（金）　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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【麦ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 麦ごはん | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【揚げせんべい衣のとりかつ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 鶏胸切り身(50g) | 50 | 0 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 鶏胸切り身(60g) | 0 | 60 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| しょうが | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 塩 | 0.25 | 0.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 清酒 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| じゃがいも澱粉 | 2.3 | 2.9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米粉パン粉 | 1.3 | 1.5 | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | ● |
| 揚げせんべい | 5.5 | 6 | ▲ | | ▲ | ● | | ▲ | ▲ | | | | ▲ | ▲ | | | | | ▲ | ▲ | ▲ | ▲ | ▲ | ● | | | | ▲ | | ● | |
| 揚げ油（米油） | 5 | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【これ梨なの？サラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 切干大根 | 2.5 | 3.13 | ▲ | ▲ | | ▲ | | | | | | | | | | | | | | | | | | ▲ | | | | ▲ | | | ● |
| きゅうり | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 梨ピューレ | 10 | 12.5 | | | | | | | ▲ | | | | | | ▲ | | | ▲ | ▲ | | | | | ▲ | | | | | | ● | |
| 濃口醤油 | 1.8 | 2.25 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 塩 | 0.4 | 0.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| ごま油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 【新潟汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生麩 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 豚もも小間切れ | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| 押し豆腐(カット) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 油揚げ(スライス) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまいも | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごま(白・すり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| みそ(けいわ) | 7.5 | 9.38 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | ● |
| 水 | 98.5 | 123 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【みかん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みかん(S) | 83 | 0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みかん(M) | 0 | 100 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合（コンタミネーション）

# 詳細献立表

Aコース：2026年11月9日（月）　A5
Bコース：2026年11月4日（水）　B2
Cコース：2026年11月24日（火）　C15

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【メバルの照り焼き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| メバル照り焼き(40g) | 40 | 0 | ▲ | | ▲ | ● | | | ▲ | | | | ▲ | ▲ | | | | | | | | | | ● | | | | ▲ | ▲ | ● | | |
| メバル照り焼き(50g) | 0 | 50 | ▲ | | ▲ | ● | | | ▲ | | | | ▲ | ▲ | | | | | | | | | | ● | | | | ▲ | ▲ | ● | | |
| 【野菜の塩こうじ炒め】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんじん | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| しょうが | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩こうじ(液体) | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 0.5 | 0.63 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 【つみっこ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| すいとん | 30 | 37.5 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 鶏もも小間切れ | 12 | 15 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜(冷凍) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | | ● |
| 長ねぎ | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 油揚げ(スライス) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 5 | 6.25 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.2 | 0.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 105.8 | 132 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…該当食品、▲…同一工場内での製造がある場合（コンタミネーション）

# 詳細献立表

Aコース：2026年11月24日（火）　A15
Bコース：2026年11月19日（木）　B13
Cコース：2026年11月25日（水）　C16

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【野菜と大豆のトマト煮】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚ひき肉 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ゆで大豆(冷凍) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| トマトダイスカット | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| にんにく | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| オリーブオイル | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| トマトケチャップ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.1 | 0.13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 0.5 | 0.63 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【コンソメスープ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ショルダーベーコン | 5 | 6.25 | | | | ▲ | | | | | | | | | | | | | | ▲ | ▲ | ● | | ▲ | | | | | | | | ● |
| キャベツ | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 玉ねぎ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍カットポテト(ダイス) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| コンソメ | 3.5 | 4.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白ワイン | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 塩 | 0.6 | 0.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 白こしょう | 0.01 | 0.01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 114.39 | 143 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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11月4日（水）
Bコース：2026年11月9日（月）
Cコース：2026年11月26日（木）

# 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。



A2
B5
C17

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【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 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【えび春巻き】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| えび入り春巻き(22g) | 22 | 44 | ● | ▲ | ▲ | ● | | | ▲ | | ● | | | | | | | | | | | | | ● | | | | | | ● | |
| 揚げ油（米油） | 2.2 | 4.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 【ごぼうサラダ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ごぼう(千切り・サラダ用) | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| きゅうり | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| マグロ油漬 | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ノンエッグマヨネーズ | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| ドレッシング(ごま) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | ● | | | ● |
| 【みそラーメン】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 12 | 15 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| もやし | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| キャベツ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 長ねぎ | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ホールコーン(冷凍) | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| しょうが | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんにく | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 米油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(けいわ) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| みそ(赤) | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 濃口醤油 | 0.2 | 0.25 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 中華スープの素 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | ● | ● | | ● | | | | ● | | | ● |
| あらびき粒こしょう | 0.02 | 0.03 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| とりがらスープの素 | 3 | 3.75 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● |
| ごま油 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| ごま(白・すり) | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 水 | 140.78 | 176 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【りんごヨーグルト】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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11月26日（木）　A17
Bコース：2026年11月24日（火）　B15
Cコース：2026年11月27日（金）　C18

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | |
| 【さばのおろしだれがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さば切身一塩(40g) | 40 | 0 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ● | | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | |
| さば切身一塩(50g) | 0 | 50 | ▲ | | ▲ | ▲ | | | ▲ | | ▲ | | ▲ | ● | | | | | | | | | | | ▲ | | | | ▲ | ▲ | ● | |
| 大根 | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 1.1 | 1.38 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 本みりん | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 三温糖 | 0.3 | 0.38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【小松菜のごま和え】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 小松菜 | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| もやし | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 濃口醤油 | 2.2 | 2.75 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| 練りごま | 1.5 | 1.88 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| ごま(白・すり) | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | | ● |
| 三温糖 | 1 | 1.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 本みりん | 1.4 | 1.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 2 | 2.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【根菜のみそ汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚もも小間切れ | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| にんじん | 8 | 10 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 大根 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 洗いごぼう | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 冷凍里芋(カット) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 油揚げ(スライス) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| こんにゃく(短冊切り) | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| みそ(けいわ) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| みそ(白) | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | ● |
| 水 | 110.5 | 138 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【のりのつくだ煮】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| あまのり佃煮 | 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11月20日（金）　A14
Bコース：2026年11月18日（水）　B12
Cコース：2026年11月30日（月）　C19

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 | マカダミアナッツ | やまいも | カシューナッツ | ごま | アーモンド | 月 | 後期 |
| 【ごはん】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 白飯 | 65 | 100 | | | | ▲ | | | | | | | | | | | | | | | ▲ | ▲ | | | ▲ | | | | | | | |
| 【牛乳】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 飲用牛乳 | 206 | 206 | | | | | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| 【にじますのから揚げレモンだれがけ】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| にじます下味澱粉付(40g) | 40 | 0 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ● | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ▲ | | ● | |
| にじます下味澱粉付(50g) | 0 | 50 | ▲ | | ▲ | ● | | | ▲ | | ▲ | | ● | ▲ | ▲ | | | | ▲ | | ▲ | ▲ | ▲ | | ● | | ▲ | | ▲ | | ● | |
| 揚げ油（米油） | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 3 | 3.8 | | | | ● | | | | | | | | | | | | | | | | | | | ● | | | | | | | ● |
| 上白糖 | 2.5 | 3.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| レモン果汁 | 1.2 | 1.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 5 | 6.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【切干大根の煮物】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 切干大根 | 4 | 5 | ▲ | ▲ | | ▲ | | | | | | | | | | | | | | | | | | ▲ | | | | ▲ | | | | ● |
| 鶏胸小間 | 8 | 10 | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| にんじん | 10 | 12.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生ちくわ(冷凍) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ▲ | | | | | | | | ● |
| 三温糖 | 1.6 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 濃口醤油 | 2 | 2.5 | | | | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| 本みりん | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 米油 | 0.8 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 水 | 15 | 18.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 【秋のみのり汁】 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 豚肩小間切れ | 8 | 10 | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | | |
| 大根 | 12 | 15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| さつまいも(皮付1.5cm角) | 18 | 22.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | | |
| えのきたけ(カット) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| しめじ(カット) | 4 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | ● |
| 小松菜 | 6 | 7.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 生揚げ(カット) | 20 | 25 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| にんじん | 5 | 6.25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| みそ(白) | 3 | 3.75 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| みそ(けいわ) | 4.5 | 5.63 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | | | ● |
| だしパック(鰹・鯖) | 2 | 2.5 | | | | | | | | | | | | ● | | | | | | | | | | | | | | | | | | ● |
| 水 | 104.5 | 131 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

●…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）