# ☆8.9月メニュー ☆　～アレルギー表～

| 8月提供日 | 1・6・11・16・21・26・31 | 7大アレルゲン | | | | | | | その他　20品目 | | | | | | | | | | | | | | | | | | | |
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| 9月提供日 | 5・10・15・20・25・30 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.1 | 卵 | 乳 | 小麦 | 落花生 | そば | かに | えび | 大豆 | いか | 鮭 | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | りんご | バナナ | キウイ | もも | ごま | くるみ | カシューナッツ | 山芋 | 松茸 | いくら | あわび |
| 朝食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パン | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンフレーク | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 炒り卵の甘酢あんかけ | ● | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ししゃも | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 大根と油揚げの煮物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | いんげんの胡麻和え | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 納豆 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | | ● | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マーガリン | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ハヤシライス | | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | 冷やしきつねうどん | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | チキンソースカツ | ● | ● | ● | | | | | ● | | | | | | ● | | | ● | | | | | | | | | | |
| | 水餃子 | ● | | ● | | | | | ● | | | | | ● | ● | | | | | | | ● | | | | | | |
| | こんにゃくとごぼうの煮物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | きゃべつのさざなみ和え | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華スープ | | | | | | | | ● | | | | ● | ● | ● | ● | | | | | | | | | | | | |
| | ナスとキャベツのパスタ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 照りマヨハンバーグ | ● | ● | ● | | | | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | ミートボールのケチャップ煮 | ● | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | クリームシチュー | | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | 胡瓜と寒天のサラダ | | | ● | | | | | ● | | | | | | ● | | | | | | | ● | | | | | | |
| | もやしとキャベツの梅和え | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |

# ☆8.9月メニュー ☆　～アレルギー表～

| 8月提供日 | 2・7・12・17・22・27 | 7大アレルゲン | | | | | | | その他　20品目 | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9月提供日 | 1・6・11・16・21・26 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.2 | 卵 | 乳 | 小麦 | 落花生 | そば | かに | えび | 大豆 | いか | 鮭 | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | りんご | バナナ | キウイ | もも | ごま | くるみ | カシューナッツ | 山芋 | 松茸 | いくら | あわび |
| 朝食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パン | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンフレーク | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | ウインナー | | | | | | | | | | | | | ● | | | | | | | | | | | | | | |
| | 枝豆スクランブル | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ひじきの煮物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | スパゲッティサラダ | ● | | ● | | | | | ● | | | | | | | | | ● | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 納豆 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | | ● | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マーガリン | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カレー | | ● | ● | | | | | ● | | | | | ● | ● | | | ● | | | | | | | | | | |
| | 冷やし中華 | ● | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ピーマンの肉詰めフライ | ● | | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | さわらのタルタル焼き | ● | | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 高野豆腐の煮物 | | | ● | | | | | ● | | | ● | | | | | | | | | | | | | | | | |
| | ゆかり和え | ● | | ● | | | | | ● | | | | | | | | | ● | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 夏野菜のペペロンチーノ | ● | ● | ● | | | | | ● | | | | | ● | | | | | | | | | | | | | | |
| | アジフライ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ブロッコリーのトマト煮 | ● | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 麻婆豆腐 | | | ● | | | | | ● | | | | | ● | | | | | | | | | | | | | | |
| | ポテトサラダ | ● | | ● | | | | | ● | | | | | | | | | ● | | | | | | | | | | |
| | オクラの胡麻和え | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |

# ☆8.9月メニュー ☆　～アレルギー表～

| 8月提供日 | 3・8・13・18・23・28 | 7大アレルゲン | | | | | | | その他　20品目 | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 9月提供日 | 2・7・12・17・22・27 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.3 | 卵 | 乳 | 小麦 | 落花生 | そば | かに | えび | 大豆 | いか | 鮭 | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | りんご | バナナ | キウイ | もも | ごま | くるみ | カシューナッツ | 山芋 | 松茸 | いくら | あわび |
| 朝食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パン | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンフレーク | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 高野豆腐と玉葱の卵とじ | ● | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | さばの塩焼き | | | | | | | | | | | ● | | | | | | | | | | | | | | | | |
| | マカロニのカレー炒め | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 小松菜の和え物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 納豆 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | | ● | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マーガリン | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ハヤシライス | | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | 冷やしたぬきうどん | ● | ● | ● | | | | ● | ● | ● | | | | | | | | | | | | | | | ● | | | |
| | キャベツメンチカツ | | ● | ● | | | | | ● | | | | ● | ● | | | | | | | | | | | | | | |
| | ミートボールの甘酢あんかけ | ● | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | コーンソテー | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 胡瓜と寒天の酢の物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 明太子スパゲティ | ● | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 豚ひき肉のカレーソテー | | ● | ● | | | | | ● | | | | | ● | ● | | | | | | | | | | | | | |
| | 鶏肉のレモン風味炒め | ● | | ● | | | | | ● | | | | | | ● | | | | | | | ● | | | | | | |
| | ササミのしそ巻きフライ | ● | | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | にらともやしのキムチ和え | | | ● | | | | ● | ● | | | | | | | | | ● | | | | | | | | | | |
| | 大根と水菜のサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |

# ☆8.9月メニュー ☆　～アレルギー表～

| 8月提供日 | 4・9・14・19・24・29 | 7大アレルゲン | | | | | | | その他　20品目 | | | | | | | | | | | | | | | | | | | |
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| 9月提供日 | 3・8・13・18・23・28 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.4 | 卵 | 乳 | 小麦 | 落花生 | そば | かに | えび | 大豆 | いか | 鮭 | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | りんご | バナナ | キウイ | もも | ごま | くるみ | カシューナッツ | 山芋 | 松茸 | いくら | あわび |
| 朝食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パン | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンフレーク | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | ポテトスクランブル | ● | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | さわらの塩焼き | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きんぴらごぼう | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ブロッコリーの胡麻和え | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 納豆 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | | ● | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マーガリン | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カレー | | ● | ● | | | | | ● | | | | | ● | ● | | | ● | | | | | | | | | | |
| | 高遠そば | ● | | ● | | ● | | | ● | | | | | | | | | | | | | | | | | | | |
| | シュウマイ | ● | ● | ● | | | | | ● | | | | | ● | | | | | | | | ● | | | | | | |
| | イカカツ | | | ● | | | | | ● | ● | | | | | | | | | | | | | | | | | | |
| | かぼちゃの煮物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 三色ナムル | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 茸の和風スパゲティ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ハンバーグデミソース | | ● | ● | | | | | ● | | | | ● | ● | ● | | | | | | | | | | | | | |
| | イワシフライ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 中華煮 | | | ● | | | | | ● | | | | ● | ● | ● | ● | | | | | | | | | | | | |
| | うま塩キャベツ | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 揚げナスのおろしかけ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |

# ☆8.9月メニュー ☆　～アレルギー表～

| 8月提供日 | 5・10・15・20・25・30 | 7大アレルゲン | | | | | | | その他　20品目 | | | | | | | | | | | | | | | | | | | |
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| 9月提供日 | 4・9・14・19・24・29 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 分類 | NO.5 | 卵 | 乳 | 小麦 | 落花生 | そば | かに | えび | 大豆 | いか | 鮭 | さば | 牛肉 | 豚肉 | 鶏肉 | ゼラチン | オレンジ | りんご | バナナ | キウイ | もも | ごま | くるみ | カシューナッツ | 山芋 | 松茸 | いくら | あわび |
| 朝食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パン | ● | ● | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | おかゆ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コーンフレーク | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | みそ汁 | | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 肉野菜炒め | | | ● | | | | | ● | | | | ● | ● | ● | ● | | | | | | | | | | | | |
| | 厚焼き玉子 | ● | ● | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 切干大根 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | イタリアンサラダ | | ● | ● | | | | | ● | | | | | | | | | ● | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 納豆 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | ふりかけ | | ● | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | ジャム | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | マーガリン | | ● | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 昼食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 親子丼 | ● | | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | そうめん | | | ● | | | | | ● | | | ● | | | | | | | | | | | | | | | | |
| | 鯖の塩麹焼き | | | | | | | | ● | | | ● | | | | | | | | | | | | | | | | |
| | コロッケ | ● | ● | ● | | | | | ● | | | | ● | ● | ● | ● | | | | | | | | | | | | |
| | にんにくの芽と野菜の炒め | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | わかめとオクラの和え物 | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |
| 夕食 | ご飯 | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 白身フライ | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | チャプチェ | | | | | | | | ● | | | | | ● | | | | | | | | | | | | | | |
| | チキントマト煮 | | ● | ● | | | | | ● | | | | | | ● | | | | | | | | | | | | | |
| | 豚肉の生姜焼き | | | ● | | | | | ● | | | | | ● | | | | | | | | | | | | | | |
| | ブロッコリーサラダ | ● | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | もやしの中華サラダ | | | ● | | | | | ● | | | | | | | | | ● | | | ● | | | | | | | |
| | 千切りキャベツ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 日替りサラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 青じそドレッシング | | | ● | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フレンチドレッシング | ● | | | | | | | ● | | | | | | | | | | | | | | | | | | | |
| | フルーツ | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | 漬物 | | | ● | | | | | ● | | | | | | | | | | | | | ● | | | | | | |
| | フリードリンク | | ● | | | | | | | | | | | | | | | | | | | | | | | | | |