令和6年（2024年）6月　　中学校給食献立表［ アレルギー対象食品使用献立一覧表 ］　　貝塚市学校給食会

| 日・曜日 | 献立名 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ごま | アーモンド |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 3日(月) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 厚揚げのみそ炒め | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | ちくわの磯辺揚げ | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ツナポテト | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲン菜の昆布和え | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 4日(火) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | カレーライス | ● | | | | | | | | | | | | ● | | | | | | ● | | | | | | | | | |
| | ヒレカツ | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | マカロニサラダ | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 福神漬け | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 5日(水) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 酢鶏 | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | |
| | マーボー春雨 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | 梅ドレサラダ | ● | | | | | | | | | | | | | | | | ● | | | | | | ● | | | | ● | |
| | 黒砂糖豆 | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 6日(木) | アシドミルク | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 豚丼 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | わかさぎのから揚げ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | れんこんのきんぴら | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | 小松菜の和え物 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 7日(金) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 五目炒め | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | にんじんしりしり | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | ホキ米粉ポテトフライ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ピリ辛きゅうり | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| 10日(月) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チキン南蛮・ゆでキャベツ | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 茎わかめの炒め煮 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | もやしのナムル | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | タルタルソース | | | | | | | | | | | | | | | | | ● | | | | | | ● | | | | | |
| 11日(火) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ナン | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | キーマカレー | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | ● | | | | | |
| | フライド長芋 | | | | | | | | | | | | | | | | | | | | | | ● | | | | | | |
| | 野菜サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | フルーツミックス | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12日(水) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華うま煮 | ● | | ● | | | ● | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | |
| | 揚げぎょうざ | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | かぼちゃサラダ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | のりの佃煮 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 13日(木) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | みつばハンバーグ・もやしの炒め物 | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | 牛ひじきそぼろ | ● | | | | | | | | | | | | ● | | | | ● | | | | | | | | | | | |
| | ハムカツ・キャベツとベーコンの炒め物 | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | 煮浸し | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| 14日(金) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 炊き込みご飯 | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 豚肉のポン酢炒め | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | たらのごま揚げ | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| | 小松菜とささみのスパゲッティ | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 大豆の炒り煮 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| 17日(月) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | すき焼き | ● | | | | | | | | | | | | ● | | | | ● | | | | | | | | | | | |
| | ベーコンポテト | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | 大根サラダ | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | パイン缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| 日・曜日 | 献立名 | 小麦 | そば | 卵 | 乳 | 落花生 | えび | かに | あわび | いか | いくら | オレンジ | キウイフルーツ | 牛肉 | くるみ | さけ | さば | 大豆 | 鶏肉 | 豚肉 | まつたけ | もも | やまいも | りんご | ゼラチン | バナナ | カシューナッツ | ごま | アーモンド |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 18日(火) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏肉の照り焼き | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | 春雨のひき肉炒め | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | ホキのバーベキューソース | ● | | | | | | | | | | | | | | | | ● | | | | | | ● | | | | | |
| | しば漬け | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 19日(水) | ジョア（マスカット） | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | タコライス | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | れんこんチップス | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 冷しゃぶサラダ | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | 無限ピーマン | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| 20日(木) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 菜めし | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 大根と豚肉の煮物 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | ホタテの天ぷら | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | チンゲン菜のナムル | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | みたらし団子 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 21日(金) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | 黒糖パン | ● | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | クリームシチュー | ● | | | ● | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | 焼きそば風 | ● | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | あじフライ・ゆでキャベツ | ● | | | | | | | | | | | | | | | | ● | | | | | | ● | | | | | |
| | みかん缶 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24日(月) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | セルフチキンライス | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | もやしとにらの炒め物 | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | | |
| | ほうれん草のオムレツ・キャベツとハムのソテー | ● | | ● | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | | |
| | 大学いも | | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 25日(火) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | おでん | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | ツナごぼう炒め | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | コロッケ・ゆでキャベツ | ● | | | | | | | | | | | | | ● | | | ● | | | | | | ● | | | | | |
| | 昆布の佃煮 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | ● | |
| 26日(水) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 中華丼 | ● | | | | | | | | ● | | | | | | | | ● | ● | ● | | | | | | | | ● | |
| | 揚げしゅうまい | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | バンバンジーサラダ | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | |
| | ひじきの炒め煮 | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| 27日(木) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 鶏肉と大豆のカレー炒め | ● | | | | | | | | | | | | | | | | ● | ● | | | | | | | | | | |
| | ラタトゥイユ | | | | | | | | | | | | | | | | | | | ● | | | | | | | | | |
| | さわらのレモンしょうゆかけ | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | ふりかけ | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | |
| 28日(金) | 牛乳 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |
| | ごはん | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ジャージャー麺 | ● | | | | | | | | | | | | | | | | ● | ● | ● | | | | | | | | ● | |
| | セルフチャーハン | ● | | | | | | | | | | | | | | | | ● | | ● | | | | | | | | ● | |
| | ツナのマリネ | ● | | | | | | | | | | | | | | | | ● | | | | | | | | | | | |
| | 杏仁豆腐 | | | | ● | | | | | | | | | | | | | | | | | | | | | | | | |

しっかりかんで
食べよう!

**かみごたえのある食べ物**

・かたいもの
・繊維質が多いもの
・よくかまないと
食べられないもの

**かみごたえのない食べ物**

・やわらかいもの
・加工度が高いもの
・よくかまなくても
食べられるもの

**かむ力を
つけよう!**

献立は内容を一部変更する場合があります。