

館内食堂(標準食)メニュー アレルギー早見表

【Aメニュー】1日目午前入所時の昼食：鶏肉の竜田揚げ丼

| | | アレルギー(食品中) | | | | | | | アレルギー(調味料中) | | | | | | | |
|----------|-----------|------------|---|----|----------|----------------|----|-----|-------------|---|----|----------|----------------|----|-----|--|
| | | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナッツ) | 大豆 | その他 | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナッツ) | 大豆 | その他 | |
| (1日目) 昼食 | 鶏肉の竜田揚げ丼 | 精白米 | | | | | | | | | | | | | | |
| | | 鶏もも | | | | | | | 鶏 | | | | | | | |
| | | 濃口醤油 | | | | | | | | | ○ | | | ○ | | |
| | | 料理酒 | | | | | | | | | | | | | | |
| | | おろしにんにく | | | | | | | | | | | | | | |
| | | おろし生姜 | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | |
| | | 片栗粉 | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | |
| | | 濃口醤油 | | | | | | | | | | ○ | | | ○ | |
| | | 砂糖 | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | |
| | | 片栗粉 | | | | | | | | | | | | | | |
| | | キャベツ | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | |
| | サニーレタス | | | | | | | | | | | | | | | |
| | かいわれ | | | | | | | | | | | | | | | |
| | 里芋の含め煮 | 里芋 | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | |
| | | いんげん | | | | | | | | | | | | | | |
| | | 薄口醤油 | | | | | | | | | | ○ | | | ○ | |
| | | 砂糖 | | | | | | | | | | | | | | |
| | | みりん風調味料 | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | |
| | 味噌汁 | かつおだし(顆粒) | | | | | | | | | | | | | | |
| | | 大根 | | | | | | | | | | | | | | |
| | | えのき茸 | | | | | | | | | | | | | | |
| | | 青ねぎ | | | | | | | | | | | | | | |
| 白味噌(だし入) | | | | | | | | | | | | | | ○ | | |
| オレンジゼリー | かつおだし(顆粒) | | | | | | | | | | | | | | | |
| | オレンジゼリー | | | | | | | | オレンジ・りんご | | | | | | | |

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館内食堂(標準食)メニュー アレルギー早見表

【Aメニュー】1日目夕食：豚の生姜焼き&白身フライ 2日目朝食：豆腐ハンバーグ 昼食：牛丼

| | | アレルゲン(食品中) | | | | | | | アレルゲン(調味料中) | | | | | | | | |
|----------|--------------|--------------|------|----|----------|---------------|----|-----|-------------|---|----|----------|---------------|----|-----|---|--|
| | | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナツ) | 大豆 | その他 | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナツ) | 大豆 | その他 | | |
| (1日目) 夕食 | 豚の生姜焼き&白身フライ | 豚小間 | | | | | | | | | | | | | | 豚 | |
| | | 玉葱 | | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | | |
| | | 濃口醤油 | | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | | |
| | | おろし生姜 | | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | | |
| | | 白身フライ | | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | | |
| | | ウスターソース | | | | | | | | | | | | | | | |
| | | レタス | | | | | | | | | | | | | | | |
| | | サニーレタス | | | | | | | | | | | | | | | |
| | | トマト | | | | | | | | | | | | | | | |
| | | ドレッシング(卓上提供) | | | | | | | | | | | | | | | |
| | | いんげんとコーンのソテー | いんげん | | | | | | | | | | | | | | |
| 玉葱 | | | | | | | | | | | | | | | | | |
| カーネルコーン | | | | | | | | | | | | | | | | | |
| サラダ油 | | | | | | | | | | | | | | | | | |
| 塩こしょう | | | | | | | | | | | | | | | | | |
| 切干大根の炒め煮 | 薄口醤油 | | | | | | | | | | | | | | | | |
| | 切干し大根(乾) | | | | | | | | | | | | | | | | |
| | さざみ油揚げ | | | | | | | | | | | | | | | | |
| | 椎茸 | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | |
| | サラダ油 | | | | | | | | | | | | | | | | |
| | 薄口醤油 | | | | | | | | | | | | | | | | |
| | 砂糖 | | | | | | | | | | | | | | | | |
| | みりん風調味料 | | | | | | | | | | | | | | | | |
| | 料理酒 | | | | | | | | | | | | | | | | |
| スープ | 玉葱 | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | |
| | ガラスープ(顆粒) | | | | | | | | | | | | | | 鶏 | | |
| | 食塩 | | | | | | | | | | | | | | | | |
| | ドライパセリ | | | | | | | | | | | | | | | | |
| ご飯 | 精白米 | | | | | | | | | | | | | | | | |
| パイン缶 | パイン缶詰 | | | | | | | | | | | | | | | | |
| (2日目) 朝食 | 豆腐ハンバーグ | 豆腐ハンバーグ | | | | | | | | | | | | | | 鶏 | |
| | | 濃口醤油 | | | | | | | | | | | | | | | |
| | | みりん風調味料 | | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | | |
| | ブロッコリーの土佐和え | 片栗粉 | | | | | | | | | | | | | | | |
| | | ブロッコリー | | | | | | | | | | | | | | | |
| | | 花かつお | | | | | | | | | | | | | | | |
| | ハッシュドポテト | 薄口醤油 | | | | | | | | | | | | | | | |
| | | ハッシュドポテト | | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | | |
| | サラダ | トマトケチャップ | | | | | | | | | | | | | | | |
| | | キャベツ | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | |
| | | サニーレタス | | | | | | | | | | | | | | | |
| 味噌汁 | ドレッシング(卓上提供) | | | | | | | | | | | | | | | | |
| | カットわかめ | | | | | | | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | | | |
| ご飯 | 白味噌(だし入) | | | | | | | | | | | | | | | | |
| | かつおだし(顆粒) | | | | | | | | | | | | | | | | |
| | 精白米 | | | | | | | | | | | | | | | | |
| 漬物 | 千切大根漬 | | | | | | | | | | | | | | | | |
| (2日目) 昼食 | 牛丼 | 精白米 | | | | | | | | | | | | | | | |
| | | 牛小間 | | | | | | | | | | | | | | 牛 | |
| | | 玉葱 | | | | | | | | | | | | | | | |
| | | 白滝(糸こんにゃく) | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | |
| | | 濃口醤油 | | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | | |
| | | みりん風調味料 | | | | | | | | | | | | | | | |
| | | 料理酒 | | | | | | | | | | | | | | | |
| | | 絹さや | | | | | | | | | | | | | | | |
| | 白菜のぼん酢和え | 白菜 | | | | | | | | | | | | | | | |
| | | しめじ(ぶなしめじ) | | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | | |
| | | 味付ぼん酢 | | | | | | | | | | | | | | | |
| | | かいわれ | | | | | | | | | | | | | | | |
| 味噌汁 | さつまいも | | | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | | | |
| | 白味噌(だし入) | | | | | | | | | | | | | | | | |
| イチゴゼリー | かつおだし(顆粒) | | | | | | | | | | | | | | | | |
| | イチゴゼリー | | | | | | | | | | | | | | りんご | | |

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館内食堂(標準食)メニュー アレルギー早見表

【Bメニュー】2日目夕食：鱈の唐揚げおろしぼん酢 3日目朝食：春雨と牛肉の中華炒め 昼食：葱塩豚カルピ井

| | | アレルゲン(食品中) | | | | | | | アレルゲン(調味料中) | | | | | | | |
|------------|-----------------|--------------|---|----|----------|---------------|----|-----|-------------|---|----|----------|---------------|----|-----|---------|
| | | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナツ) | 大豆 | その他 | 卵 | 乳 | 小麦 | えび かに | 落花生 (ピーナツ) | 大豆 | その他 | |
| (2日目) 夕食 | 鱈の唐揚げ おろしぼん酢 | 助宗たら骨無 | | | | | | | | | | | | | | |
| | | 食塩 | | | | | | | | | | | | | | |
| | | 片栗粉 | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | |
| | | 大根おろし | | | | | | | | | | | | | | |
| | | 味付ぼん酢 | | | | | | | | | | ○ | | | ○ | |
| | | 絹さや | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | |
| | | 里芋 | | | | | | | | | | | | | | |
| | | 濃口醤油 | | | | | | | | | | ○ | | | | ○ |
| | 砂糖 | | | | | | | | | | | | | | | |
| | 厚揚げのあんかけ | 絹生揚げ(厚揚げ) | | | | | | ○ | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | |
| | | 薄口醤油 | | | | | | | | | ○ | | | | | ○ |
| | | 料理酒 | | | | | | | | | | | | | | |
| | | 砂糖 | | | | | | | | | | | | | | |
| | ほうれん草のお浸し | みりん風調味料 | | | | | | | | | | | | | | |
| 片栗粉 | | | | | | | | | | | | | | | | |
| グリーンピース | | | | | | | | | | | | | | | | |
| ほうれん草 | | | | | | | | | | | | | | | | |
| 味噌汁 | 濃口醤油 | | | | | | | | | ○ | | | | | ○ | |
| | 花かつお | | | | | | | | | | | | | | | |
| | 玉葱 | | | | | | | | | | | | | | | |
| | しめじ(ぶなしめじ) | | | | | | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | | |
| | 白味噌(だし入) | | | | | | | | | | | | | | ○ | |
| ごはん | かつおだし(顆粒) | | | | | | | | | | | | | | | |
| | 精白米 | | | | | | | | | | | | | | | |
| (3日目) 朝食 | 春雨と牛肉の 中華炒め | みかん缶詰 | | | | | | | | | | | | | | |
| | | みかん缶詰 | | | | | | | | | | | | | | |
| | | 牛小間 | | | | | | | | | | | | | | 牛 |
| | | 緑豆春雨 | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | | |
| | | ピーマン | | | | | | | | | | | | | | |
| | | 椎茸 | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | |
| | | おろしにんにく | | | | | | | | | | | | | | |
| | おろし生姜 | | | | | | | | | | | | | | | |
| | 砂糖 | | | | | | | | | | | | | | | |
| | レタスサラダ | 濃口醤油 | | | | | | | | | ○ | | | | | ○ |
| | | レタス | | | | | | | | | | | | | | |
| | | サニーレタス | | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | | |
| | ひじき大豆煮 | ドレッシング(卓上提供) | | | | | | | | | | | | | | |
| | | ひじき | | | | | | | | | | | | | | |
| 大豆水煮 | | | | | | | | | | | | | | | ○ | |
| 人参 | | | | | | | | | | | | | | | | |
| いんげん | | | | | | | | | | | | | | | | |
| 砂糖 | | | | | | | | | | | | | | | | |
| ポテトフライ | 濃口醤油 | | | | | | | | | ○ | | | | | ○ | |
| | みりん風調味料 | | | | | | | | | | | | | | | |
| | 料理酒 | | | | | | | | | | | | | | | |
| | ナチュラルカットポテト | | | | | | | | | | | | | | | |
| 味噌汁 | サラダ油 | | | | | | | | | | | | | | | |
| | うずまさ麩 | | | | ○ | | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | | |
| | 白味噌(だし入) | | | | | | | | | | | | | | ○ | |
| ごはん | かつおだし(顆粒) | | | | | | | | | | | | | | | |
| | 精白米 | | | | | | | | | | | | | | | |
| (3日目) 昼食 | 葱塩豚カルピ井 | 漬物 | | | | | | | | ○ | | | | | ○ | |
| | | しばかつぱ | | | | | | | | | | | | | | |
| | | 精白米 | | | | | | | | | | | | | | |
| | | 豚小間 | | | | | | | | | | | | | | 豚 |
| | | 玉葱 | | | | | | | | | | | | | | |
| | | 長葱 | | | | | | | | | | | | | | |
| | | もやし | | | | | | | | | | | | | | |
| | | 塩ダレ | | | | | | | | | | | | | | ○ |
| | | 片栗粉 | | | | | | | | | | | | | | ゼラチン・ごま |
| | | サラダ油 | | | | | | | | | | | | | | |
| | キャベツと ツナのソテー | 青ねぎ | | | | | | | | | | | | | | |
| | | キャベツ | | | | | | | | | | | | | | |
| | | ライトツナフレーク油漬 | | | | | | | | | | | | | | ○ |
| | | 人参 | | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | | |
| | | ガラスープ(顆粒) | | | | | | | | | | | | | | |
| | 清まし汁 | 食塩 | | | | | | | | | | | | | | 鶏 |
| | | こしょう | | | | | | | | | | | | | | |
| えのき茸 | | | | | | | | | | | | | | | | |
| 椎茸 | | | | | | | | | | | | | | | | |
| かいわれ | | | | | | | | | | | | | | | | |
| 薄口醤油 | | | | | | | | | | ○ | | | | | ○ | |
| はちみつレモンゼリー | みりん風調味料 | | | | | | | | | | | | | | | |
| | 食塩 | | | | | | | | | | | | | | | |
| かつおだし(顆粒) | | | | | | | | | | | | | | | | |
| はちみつレモンゼリー | はちみつレモンゼリー | | | | | | | | | | | | | | | |

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館内食堂(標準食)メニュー アレルギー早見表

【Cメニュー】3日目夕食：牛肉のトマト煮込み 4日目朝食：チキングリル 昼食：五目炒飯

| | | アレルゲン(食品中) | | | | | | アレルゲン(調味料中) | | | | | | | |
|-------------|----------------|------------|---|----|------|-----------|----|-------------|---|---|----|------|-----------|----|-----|
| | | 卵 | 乳 | 小麦 | えびかに | 落花生(ピーナツ) | 大豆 | その他 | 卵 | 乳 | 小麦 | えびかに | 落花生(ピーナツ) | 大豆 | その他 |
| (3日目) 夕食 | 牛肉のトマト煮込み | 牛小間 | | | | | | 牛 | | | | | | | |
| | | じゃがいも | | | | | | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | |
| | | ダイストマトソース | | | | | | | | | | | | | |
| | | トマトケチャップ | | | | | | | | | | | | | |
| | | ウスターソース | | | | | | | | | | | | | |
| | | 食塩 | | | | | | | | | | | | | |
| | | ガラスープ(顆粒) | | | | | | | | | | | | | |
| | 片栗粉 | | | | | | | | | | | | | | |
| | ブロッコリー | | | | | | | | | | | | | | |
| | コーンサラダ | サニーレタス | | | | | | | | | | | | | |
| | | レタス | | | | | | | | | | | | | |
| | 胡瓜 | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | |
| | カーネルコーン | | | | | | | | | | | | | | |
| | ドレッシング(卓上提供) | | | | | | | | | | | | | | |
| | ご飯 | 精白米 | | | | | | | | | | | | | |
| | 黄桃缶 | 黄桃缶 | | | | | | 桃 | | | | | | | |
| (4日目) 朝食 | チキングリル | 鶏もも | | | | | | 鶏 | | | | | | | |
| | | 食塩 | | | | | | | | | | | | | |
| | | こしょう | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | |
| | 野菜ソテー | キャベツ | | | | | | | | | | | | | |
| | | 人参 | | | | | | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | |
| | | ピーマン | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | |
| | | ガラスープ(顆粒) | | | | | | | | | | | | | 鶏 |
| | ツナとじゃが芋のケチャップ煮 | 食塩 | | | | | | | | | | | | | |
| | | こしょう | | | | | | | | | | | | | |
| | | ポテト(乱切) | | | | | | | | | | | | | |
| | | ムキ玉葱 | | | | | | | | | | | | | |
| ライトツナフレーク油漬 | | | | | | | | | | | | | | ○ | |
| 食塩 | | | | | | | | | | | | | | | |
| 味噌汁 | カットわかめ | | | | | | | | | | | | | | |
| | 青ねぎ | | | | | | | | | | | | | | |
| | 白味噌(だし入) | | | | | | | | | | | | | ○ | |
| | かつおだし(顆粒) | | | | | | | | | | | | | | |
| ご飯 | 精白米 | | | | | | | | | | | | | | |
| 漬物 | さくら漬 | | | | | | | | | ○ | | | ○ | | |
| (4日目) 昼食 | 五目炒飯 | 精白米 | | | | | | | | | | | | | |
| | | 玉葱 | | | | | | | | | | | | | |
| | | 豚挽き肉 | | | | | | | 豚 | | | | | | |
| | | 人参 | | | | | | | | | | | | | |
| | | カーネルコーン | | | | | | | | | | | | | |
| | | 青ねぎ | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | |
| | | ガラスープ(顆粒) | | | | | | | | | | | | | 鶏 |
| | | 薄口醤油 | | | | | | | | | | ○ | | | ○ |
| | | 食塩 | | | | | | | | | | | | | |
| | 星のポテト | こしょう | | | | | | | | | | | | | |
| | | 星形ポテト | | | | | | | | | | | | | |
| | | サラダ油 | | | | | | | | | | | | | |
| | | レタス | | | | | | | | | | | | | |
| 中華スープ | ドレッシング(卓上提供) | | | | | | | | | | | | | | |
| | チンゲン菜 | | | | | | | | | | | | | | |
| | 人参 | | | | | | | | | | | | | | |
| | ガラスープ(顆粒) | | | | | | | | | | | | | 鶏 | |
| グレープゼリー | 濃口醤油 | | | | | | | | | ○ | | | ○ | | |
| | 食塩 | | | | | | | | | | | | | | |
| | グレープゼリー | | | | | | | りんご | | | | | | | |

※ アレルゲン表記は表示義務のある7品目と表示奨励のある21品目のみとなっております。

※ 製造ラインもしくは同一工場における工程でのアレルギー物質の確認等是对应いたしかねます。

※ 推奨品目は、包装時の表示記載のみでの対応とさせていただきます。