# バイキング　アレルギー表（2019年6月～2019年8月）

| | A | | | | | | | | | B | | | | | | | | | C | | | | | | | | | D | | | | | | | | | E | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | アレルゲン | | | | | | | | | アレルゲン | | | | | | | | | アレルゲン | | | | | | | | | アレルゲン | | | | | | | | | アレルゲン | | | | | | | | |
| 日付 | 6/5.10.15.20.25.30<br>7/5.10.15.20.25.30.<br>8/4.9.14.19.24.29. | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | 6/1.6.11.16.21.26.<br>7/1.6.11.16.21.26.31<br>8/5.10.15.20.25.30. | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | 6/2.7.12.17.22.27.<br>7/2.7.12.17.22.27.<br>8/1.6.11.16.21.26.31. | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | 6/3.8.13.18.23.28.<br>7/3.8.13.18.23.28.<br>8/2.7.12.17.22.27. | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | 6/4.9.14.19.24.29.<br>7/4.9.14.19.24.29.<br>8/3.8.13.18.23.28. | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 |
| 朝食 | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | |
| | 白がゆ | | | | | | | | | 白がゆ | | | | | | | | | 白がゆ | | | | | | | | | 白がゆ | | | | | | | | | 白がゆ | | | | | | | | |
| | 白いロールパン | ● | ● | ● | | | | | ● | 白いロールパン | ● | ● | ● | | | | | ● | 白いロールパン | ● | ● | ● | | | | | ● | 白いロールパン | ● | ● | ● | | | | | ● | 白いロールパン | ● | ● | ● | | | | | ● |
| | 食パン | ● | | ● | | | | | | 食パン | ● | | ● | | | | | | 食パン | ● | | ● | | | | | | 食パン | ● | | ● | | | | | | 食パン | ● | | ● | | | | | |
| | コーンフレーク | | | | | | | | | コーンフレーク | | | | | | | | | コーンフレーク | | | | | | | | | コーンフレーク | | | | | | | | | コーンフレーク | | | | | | | | |
| | 牛乳 | | | ● | | | | | | 牛乳 | | | ● | | | | | | 牛乳 | | | ● | | | | | | 牛乳 | | | ● | | | | | | 牛乳 | | | ● | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● |
| | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● |
| | 漬物 | | | | | | | | | 漬物 | | | | | | | | | 漬物 | | | | | | | | | 漬物 | | | | | | | | | 漬物 | | | | | | | | |
| | ジャム | | | | | | | | | ジャム | | | | | | | | | ジャム | | | | | | | | | ジャム | | | | | | | | | ジャム | | | | | | | | |
| | マーガリン | | | | | | | | | マーガリン | | | | | | | | | マーガリン | | | | | | | | | マーガリン | | | | | | | | | マーガリン | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | コンソメスープ | ● | | ● | | | | | ● | コンソメスープ | ● | | ● | | | | | ● | コンソメスープ | ● | | ● | | | | | ● | コンソメスープ | ● | | ● | | | | | ● | コンソメスープ | ● | | ● | | | | | ● |
| | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● |
| | さばのみそ煮 | | | | | | | | ● | 白身魚のタンドリー焼き | ● | | ● | | | | | | さばの塩焼き | | | | | | | | | さばのみぞれ煮 | ● | | | | | | | ● | 白身魚のイタリアンハーブ焼き | ● | ● | | | | | | ● |
| | オムレツ | | ● | | | | | | ● | 厚焼玉子 | ● | ● | | | | | | ● | スクランブルエッグ | | ● | | | | | | ● | オムレツ | | ● | | | | | ● | 麩の卵とじ | ● | ● | | | | | | ● |
| | 納豆 | ● | | | | | | | ● | スパゲッティサラダ | ● | ● | | | | | | ● | 納豆 | ● | | | | | | | ● | マカロニサラダ | ● | ● | | | | | | ● | 納豆 | ● | | | | | | | ● |
| | ペンネサラダ | ● | ● | | | | | | ● | もやしのごま和え | ● | | | | | | | ● | 三色ナムル | ● | | | | | | | ● | 小松菜の煮浸し | ● | | | | | | | ● | わかめときゅうりの和えもの | ● | | | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | バナナ | | | | | | | | | バナナ | | | | | | | | | バナナ | | | | | | | | | バナナ | | | | | | | | | バナナ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 |
| 昼食 | 麻婆豆腐丼 | ● | | | | | | | ● | オクラ納豆ごはん | ● | ● | | | | | | ● | こぎつねごはん | ● | | | | | | | ● | わかめごはん | | | | | | | | | カリカリ梅ごはん | | | | | | | | |
| | 野菜カレー | ● | | ● | | | | | ● | 挽肉カレー | ● | | ● | | | | | ● | 夏野菜カレー | ● | | ● | | | | | ● | 野菜カレー | ● | | ● | | | | | ● | チキンカレー | ● | | ● | | | | | ● |
| | 塩ラーメン | ● | | | | | | | | そうめん | ● | | | | | | | ● | 冷やしうどん | ● | | | | | | | ● | 冷やし中華 | ● | ● | ● | | | | | ● | 冷やしうどん | ● | | | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | たまごスープ | | ● | | | | | | ● | 野菜スープ | ● | | ● | | | | | ● | 中華スープ | | | | | | | | ● | にらたまスープ | | ● | | | | | | ● | わかめスープ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ひじきの煮物 | ● | | | | | | | ● | 麻婆なす | ● | | | | | | | ● | れんこんのきんぴら | ● | | | | | | | ● | 白菜の中華風炒め煮 | | | | | | | | ● | 麻婆はるさめ | ● | | | | | | | ● |
| | カレーコロッケ | ● | | ● | | | | | ● | 揚げぎょうざ | ● | | | | | | | ● | コーンコロッケ | ● | | ● | | | | | ● | 揚げしゅうまい | ● | ● | | | | | | ● | コロッケ | ● | | ● | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 春雨サラダ | ● | ● | ● | | | | | ● | かぼちゃのサラダ | | ● | | | | | | ● | 切干大根サラダ | ● | | | | | | | ● | 塩レモンドレッシングサラダ | | | | | | | | | オクラサラダ | ● | | | | | | | ● |
| | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 牛乳寒天 | | | ● | | | | | | オレンジゼリー | | | | | | | | | レモンゼリー | | | ● | | | | | ● | オレンジゼリー | | | | | | | | | レモンゼリー | | | ● | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 | | 小麦 | 卵 | 乳 | 落花生 | そば | エビ | カニ | 大豆 |
| 夕食 | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | | ご飯 | | | | | | | | |
| | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● | 味噌汁 | | | | | | | | ● |
| | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● | たまごふりかけ | ● | ● | ● | | | | | ● |
| | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● | 鮭ふりかけ | ● | ● | ● | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | トマトの冷製パスタ | ● | | | | | | | ● | ペンネのカルボナーラソース | ● | ● | ● | | | | | ● | あんかけ焼きそば | ● | | | | | | | ● | ペンネのトマトクリームソース | ● | ● | ● | | | ● | | ● | ペペロンチーノ | ● | | | | | | | ● |
| | マカロニグラタン | ● | ● | ● | | | | | ● | 水ぎょうざ | ● | | | | | | | ● | かぼちゃグラタン | ● | | ● | | | | | ● | 手作り豆腐 | | | | | | | | ● | 野菜のチーズ焼き | | | ● | | | | | |
| | 肉団子の酢豚風 | ● | | ● | | | | | ● | 鶏肉の香草焼き | ● | | | | | | | ● | 豆腐ハンバーグ油淋鶏ソース | ● | ● | | | | | | ● | 鶏肉と芋のガーリックソテー | ● | | | | | | | ● | 和風おろしハンバーグ | ● | | ● | | | | | ● |
| | チキンフィレスティック | ● | ● | ● | | | | | ● | 白身魚のエスカベッシュ | ● | | | | | | | | あじ大葉フライ | ● | | | | | | | | いわしの天ぷら | ● | | | | | | | | 春巻き | ● | | ● | | | ● | | ● |
| | かぼちゃのそぼろ煮 | ● | | | | | | | ● | 筑前煮 | ● | | | | | | | ● | 肉団子の香草あんかけ煮 | ● | | ● | | | | | ● | 切干大根の煮物 | ● | | | | | | | ● | 肉豆腐 | ● | | | | | | | ● |
| | 高野豆腐の煮物 | ● | | | | | | | ● | なすの煮浸し | ● | | | | | | | ● | オクラのおかか和え | ● | | | | | | | ● | バンバンジー | ● | | | | | | | ● | きんぴらごぼう | ● | | | | | | | ● |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | きゅうりの塩麹和え | | | | | | | | | みそこんにゃく | | | | | | | | | ブロッコリーの塩麹和え | | | | | | | | ● | みそこんにゃく | | | | | | | | | きゅうりの塩麹和え | | | | | | | | |
| | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | | 野菜サラダ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 白桃ゼリー | | | ● | | | | | ● | りんごゼリー | | | | | | | | | 白桃ゼリー | | | ● | | | | | ● | 杏仁寒天 | | | ● | | | | | | りんごゼリー | | | | | | | | |
| | オレンジ | | | | | | | | | グレープフルーツ | | | | | | | | | オレンジ | | | | | | | | | グレープフルーツ | | | | | | | | | グレープフルーツ | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | | ドリンク | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

※アレルギー表示が義務付けられている7品目（小麦、卵、乳、落花生、そば、エビ、カニ）と、表示が推奨されている20品目のうち大豆を表示しています。
※揚げ油は定期的に交換していますが、何回か使用しています。
※仕入れの都合により内容が一部変更になることがあります。

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 和風しょうゆドレッシング | ● | | | | | | | ● |
| フレンチドレッシング | | | | | | | | ● |
| 中華ドレッシング | ● | | | | | | | ● |