

# 9月日替わりメニュー

管理栄養士が考えた

2024  
September

## 本品に使用しているアレルギー物質表 (本品は卵・乳成分・小麦を含む製品と共通の設備で製造しています。)

| 月   | 火  | 水   | 木       | 金    |         |       |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
|---|--|-----|---------|------|---------|-------|----|-----|-----|-----|---------|---------|------|-----|-----|-----|-----|------|------|------|----|----|----|----|-----|-----|---------|---------|--|--|---|----|-----|-----|----|----|-----|-----|-----|---------|---------|------|-----|-----|-----|-----|------|------|------|----|----|----|----|-----|-----|---------|---------|---|--|---|----|-----|-----|----|----|-----|-----|-----|---------|---------|------|-----|-----|-----|-----|------|------|------|----|----|----|----|-----|-----|---------|---------|--|--|---|----|-----|-----|----|----|-----|-----|-----|---------|---------|------|-----|-----|-----|-----|------|------|------|----|----|----|----|-----|-----|---------|---------|--|---|---|----|-----|----|----|----|-----|----|-----|---------|------|----|-----|-----|----|-----|------|------|----|----|----|---|----|-----|----|---------|-------|
| <b>2</b><br>甘辛豚と旬野菜のマスタードソース炒め<br>国産真鯛入りふわふわつみれ・柚子胡椒あん<br>新鮮野菜と豆腐のちぎり揚げ<br>かぶと高菜のおろし和え<br>マカロニサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>  | 卵  | 乳   | 小麦      | 落花生  | そば      | えび    | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>3</b><br>宮崎郷土料理チキン南蛮風・タルタル添え<br>香ばし醤油の焼きもち天・甘辛そぼろあん<br>カニカマと玉子のチャプチェ<br>紅芯大根とサラダこんにやくのオニオンドレッシング<br>店主おすすめ1品<br> <table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>4</b> ★ Special<br>オマール海老のビスク風コロッケ<br>合鴨とさつま芋の和風アヒージョ山椒風味<br>粗挽きひとくちつね・和風あん<br>白菜漬と人参のちりめん揚げ<br>豆腐と人参のちりめん揚げ<br>豆もやしとわかめのピリ辛サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>5</b><br>粗挽き肉ハンバーグ・カレーソース<br>お楽しみの1品<br>豆乳と野菜のふわふわ真丈(しんじょ)<br>芋づつとぜんまいの和風煮<br>食物繊維豊富! ヘルシーきのこの中華風マリネ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>6</b> 黒(96)の日 <br>豚唐揚げと根菜の黒酢あん<br>蒸し鶏の黒胡椒棒鶏(ハンパシジ)<br>しいたけの旨辛炒め<br>きゅうりの生姜昆布和え<br>ひじきとアボカドのおからサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>               | 卵 | 乳 | 小麦 | 落花生 | そば | えび | かに | くるみ | 大豆 | いくら | カシューナッツ | やまいも | ごま | キウイ | バナナ | もも | りんご | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭 | いか | あわび | さば | ワカメ/アワビ | アーモンド |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
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| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| <b>9</b><br>鶏肉とナッツのオイスター炒め<br>瀬戸内レモンと3種ハーブ風味のカジキカツ<br>切干大根煮<br>おまかせの副菜<br>ポテトサラダ<br> <table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵  | 乳   | 小麦      | 落花生  | そば      | えび    | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>10</b><br>豚しゃぶとなすの香味ネギダレ<br>白身魚フライ・明太マヨネーズ<br>タコ入り! 海鮮チヂミ<br>かぼちゃの甘辛マッシュ<br>ブロッコリーとコーンの梅サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>  | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>11</b><br>お肉屋さんのビーフ入りメンチカツ<br>鶏肉の八幡巻(やわたまき)とほくほく大根の含め煮<br>ちくわ磯辺揚げ<br>ひじき煮<br>わかめと枝豆の和風マヨサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>                                     | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>12</b><br>薄切り牛肉のビーフシチュー<br>海老イカ海鮮カツ・オーロラソース<br>花がらみの煮物<br>きんぴら蓮根<br>わかめと枝豆の柚子胡椒サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>                   | 卵  | 乳 | 小麦 | 落花生 | そば  | えび | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   | <b>13</b> Premium 十五夜にちなんで <br>とろっと月見ハンバーグ・柚子照り焼き<br>鶏竜田・きのこおろしソース<br>さつま芋の白和え<br>揚げなすの美味噌サラダ<br>まんまる満月のお月見大福〜粒あん〜<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵 | 乳 | 小麦 | 落花生 | そば | えび | かに | くるみ | 大豆 | いくら | カシューナッツ | やまいも | ごま | キウイ | バナナ | もも | りんご | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭 | いか | あわび | さば | ワカメ/アワビ | アーモンド |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
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| <b>16</b><br>  | <b>17</b> イタリア料理の日 <br>チキンカツ・3種チーズパジルソース<br>アブラカレイ・トマト煮込み風<br>カリフラワーとブロッコリーの豆乳クリーム煮<br>アンチョビ仕立てのマッシュポテト<br>マカロニサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵   | 乳       | 小麦   | 落花生     | そば    | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  | <b>18</b><br>海老カツ・タルタルソース<br>さっぱり大葉入り鶏つみれ・照焼きダレ<br>そぼろとなすのポン酢ジュレ<br>切干大根煮<br>店主おすすめ1品<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>   | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド   | <b>19</b> ★ Special <br>香味野菜が決め手 サクサク油淋鶏(ユージンチー)<br>鯉(たら)の四川風ピリ辛中華あん<br>銚子名物カレーポール・コンソメ煮<br>三色豆とさつま芋マッシュ<br>ごぼうとこんにやくの梅味噌サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  | <b>20</b><br>デミグラスソースの煮込みハンバーグ<br>ごろっと枝豆コロッケ<br>ツナ入り! 刻み昆布と春雨の和え物<br>おまかせの副菜<br>干豆腐とパプリカのピリ辛高菜サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>   | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
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| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
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| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
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| <b>23</b><br>  | <b>24</b><br>甘辛胡麻チキン・パジルバスタ添え<br>豚タンと彩り野菜の焼肉タレ炒め<br>野菜たっぷり揚げ餃子<br>オクラとわかめのサクサク醤油ナムル<br>ポテトサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>   | 卵   | 乳       | 小麦   | 落花生     | そば    | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  | <b>25</b> Premium 秋分の日にちなんで <br>牛ハラミカツ・ネギたっぷり山椒ダレ<br>合鴨と秋野菜の香草レモンオイル<br>チリソースでピリッと! 海老トースト<br>旬の魚! 鮓と白菜漬の和さだら<br>香ばし生地のアチクッキーシュー<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド   | <b>26</b><br>ビーフ入りハンバーグ・BBQソース<br>磯の香り広がる裏切らない旨さ白身魚フライ<br>ヤングコーンと山芋のバター醤油炒め<br>ひじき煮<br>4色お豆のオリエンタルサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table>   | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  | <b>27</b> 瀬戸内フェア  <br>瀬戸内レモンタルタルでチキン竜田<br>神戸ほっかけ風牛すじとこんにやく煮込み<br>大阪名物! たこ焼き<br>岡山郷土料理「柚子味噌」でさつま芋和え<br>広島菜ときゅうりの赤しそ風味サラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵 | 乳  | 小麦  | 落花生 | そば | えび | かに  | くるみ | 大豆  | いくら     | カシューナッツ | やまいも | ごま  | キウイ | バナナ | もも  | りんご  | オレンジ | ゼラチン | 鶏肉 | 牛肉 | 豚肉 | 鮭  | いか  | あわび | さば      | ワカメ/アワビ | アーモンド  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| <b>30</b> <br>ブリブリ海老入り八宝菜<br>お楽しみの揚げ物<br>キャベツ入り練り天<br>里芋とかぼちゃの生姜和え<br>チリマカロニサラダ<br><table border="1"><tr><td>卵</td><td>乳</td><td>小麦</td><td>落花生</td><td>そば</td><td>えび</td><td>かに</td></tr><tr><td>くるみ</td><td>大豆</td><td>いくら</td><td>カシューナッツ</td><td>やまいも</td><td>ごま</td><td>キウイ</td></tr><tr><td>バナナ</td><td>もも</td><td>りんご</td><td>オレンジ</td><td>ゼラチン</td><td>鶏肉</td><td>牛肉</td></tr><tr><td>豚肉</td><td>鮭</td><td>いか</td><td>あわび</td><td>さば</td><td>ワカメ/アワビ</td><td>アーモンド</td></tr></table> | 卵  | 乳   | 小麦      | 落花生  | そば      | えび    | かに | くるみ | 大豆  | いくら | カシューナッツ | やまいも    | ごま   | キウイ | バナナ | もも  | りんご | オレンジ | ゼラチン | 鶏肉   | 牛肉 | 豚肉 | 鮭  | いか | あわび | さば  | ワカメ/アワビ | アーモンド   |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 卵   | 乳  | 小麦  | 落花生     | そば   | えび      | かに    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| くるみ   | 大豆   | いくら | カシューナッツ | やまいも | ごま      | キウイ   |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| バナナ   | もも   | りんご | オレンジ    | ゼラチン | 鶏肉      | 牛肉    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |
| 豚肉  | 鮭  | いか  | あわび     | さば   | ワカメ/アワビ | アーモンド |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |   |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |  |   |    |     |     |    |    |     |     |     |         |         |      |     |     |     |     |      |      |      |    |    |    |    |     |     |         |         |  |   |   |    |     |    |    |    |     |    |     |         |      |    |     |     |    |     |      |      |    |    |    |   |    |     |    |         |       |