

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月       | 1、7、13、19、25、31日 | 特定原材料                                                                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   | 特定原材料に準ずる品目 |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|----------|------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------|-----|----|-----|------|------|------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|--|--|
| 分類       | NO.1             |  |  |  |  |  |  |  |  | アーモンド       | あわび | いか | いくら | オレンジ | カシュー | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン |  |  |
| 朝食       | ミートボール           | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  | ●  |     | ●  |       |    |      |     |      |  |  |
|          | オムレツ             | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | 切干大根             | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | コールスロー           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | わかめの味噌汁          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | ごはん              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 納豆               | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | さくら漬け            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 食パン              | ●                                                                                 |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | いちごジャム           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 牛乳               |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | コーヒー             |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |  |  |
| コーヒーミルク  |                  |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
| 砂糖       |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
| ドリンクサーバー |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |      |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |  |  |
| 昼食       | 塩ラーメン            | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    | ●  |     |    |       |    |      |     |      |  |  |
|          | フライドチキン          | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |  |  |
|          | ジャーマンポテト         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | もやし香味和え          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | ヨーグルト（アロエ）       |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     | ●    |  |  |
|          | コールスロー           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | カーネルコーン          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 枝豆               |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | わかめの味噌汁          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | ごはん              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | さくら漬け            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | コーヒー             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
| コーヒーミルク  |                  |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |  |  |
| 砂糖       |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
| ドリンクサーバー |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |      |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |  |  |
| 夕食       | カレーライス           | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    | ●   |    |       |    |      |     |      |  |  |
|          | 醤油やきそば           | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     | ●  |       |    |      |     |      |  |  |
|          | ーロとんかつ           | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     | ●  |       |    |      |     |      |  |  |
|          | 和風マーボー茄子         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | パンブキンサラダ         | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | コールスロー           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 海藻ミックス           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | クレープ（チョコ）        | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     | ●    |  |  |
|          | わかめの味噌汁          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      |     |      |  |  |
|          | ごはん              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | さくら漬け            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | コーヒー             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
| コーヒーミルク  |                  |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    | ●  |    |    |     |    |       |    |      |     |      |  |  |
| 砂糖       |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
| ドリンクサーバー |                  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |      |      |    |    |    |    |    |    |     |    |       |    |      | ●   |      |  |  |
| 共通       | 青じそドレッシング（小袋）    | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    | ●  | ●  | ●  |     |    |       |    |      | ●   | ●    |  |  |
|          | フレンチ白ドレッシング（小袋）  |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    | ●  |    |     |    |       |    |      | ●   |      |  |  |
|          | ケチャップ（小袋）        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |
|          | 中濃ソース（小袋）        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |      |      |    |    |    |    |    |    |     |    |       |    |      |     |      |  |  |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用当日に、店頭のアレルギー表示をご確認ください。  
 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月 | 2、8、14、20、26日   | 特定原材料 |   |   |    |     |    |    |     | 特定原材料に準ずる品目 |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------------|-----|----|-----|------|---------|-------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 分類 | NO.2            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド       | あわび | いか | いくら | オレンジ | カシューナッツ | フルウィツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン |
| 朝食 | チキンナゲット         | ●     | ● | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | さつまいも揚げ煮        | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | ひじき煮            | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 納豆              | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | さくら漬            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | いちごジャム          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 牛乳              |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 昼食 | 肉うどん            | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     | ●  |          |    |      |     |      |
|    | 白身魚フライ          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      | ●   |      |
|    | 白菜のキムチ煮         |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     | ●  |          |    |      | ●   |      |
|    | 青菜のお浸し          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | みかんゼリー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | カーネルコーン         |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 枝豆              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | さくら漬            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 夕食 | ツナの混ぜごはん        |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    | ●   |    |          |    |      |     |      |
|    | あんかけ血うどん        | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     |    |          |    |      |     |      |
|    | ささみそ巻きフライ       | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     |    |          |    |      |     |      |
|    | ぜんまいの炒め煮        |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | マカロニサラダ         | ●     | ● | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 海藻ミックス          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ミニたい焼き          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | さくら漬            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 共通 | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  | ●   |    |          |    |      | ●   | ●    |
|    | フレンチ白ドレッシング（小袋） |       | ● |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      | ●   |      |
|    | ケチャップ（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用当日に、店頭のアレルギー表示をご確認ください。  
 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月       | 3、9、15、21、27日   | 特定原材料                                                                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    | 特定原材料に準ずる品目 |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|----------|-----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------|-----|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 分類       | NO.3            |  |  |  |  |  |  |  |  | アーモンド       | あわび | いか | いくら | オレンジ | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン |
| 朝食       | ポイルウィンナー        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     | ●  |          |    |      |     |      |
|          | 炒り卵             | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | 卵の花             | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | 納豆              | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | 食パン             | ●                                                                                 |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | いちごジャム          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | 牛乳              |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒーミルク         |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 昼食       | 豚汁ラーメン          | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      | ●       |      |    |    |    |    |    |    |     | ●  |          |    |      |     | ●    |
|          | メンチカツ           | ●                                                                                 |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      | ●  |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |
|          | 大根のそぼろあん        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | 花野菜キャロットソースサラダ  |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     | ●    |         |      |    |    |    |    | ●  |    |     |    |          |    | ●    |     |      |
|          | ヨーグルト（アロエ）      |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      | ●   |      |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | カーネルコーン         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | 枝豆              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒーミルク         |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    | ●    |     |      |
| 夕食       | ハヤシライス          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     | ●  |          |    |      |     |      |
|          | バジルパスタ          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | イワシ青のりフライ       | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | 回鍋肉             | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  | ●   |    |          |    | ●    |     |      |
|          | パンブキンサラダ        | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | 海藻ミックス          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | プリン             |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | コーヒーミルク         |                                                                                   |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    | ●    |     |      |
| 共通       | 青じそドレッシング（小袋）   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    | ●  | ●  | ●  |     |    |          |    | ●    | ●   |      |
|          | フレンチ白ドレッシング（小袋） |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    | ●    |     |      |
|          | ケチャップ（小袋）       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |
|          | 中濃ソース（小袋）       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                    |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |

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 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月       | 4、10、16、22、28日  | 特定原材料                                                                             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   | 特定原材料に準ずる品目 |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|----------|-----------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------|-----|----|-----|------|---------|------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|--|
| 分類       | NO.4            |  |  |  |  |  |  |  |  | アーモンド       | あわび | いか | いくら | オレンジ | カシューナッツ | フルーツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいち | りんご | ゼラチン |  |
| 朝食       | ミートボール          | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  | ●  |     | ●  |          |    |      |     |      |  |
|          | オムレツ            | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | 切干大根            | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 納豆              | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 食パン             | ●                                                                                 |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | いちごジャム          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 牛乳              |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒーミルク         |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |  |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    |      | ●   |      |  |
| 昼食       | たぬきうどん          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     | ●  |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | フライドチキン         | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  | ●  |     |    |          |    |      |     |      |  |
|          | ジャーマンポテト        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | もやしの香味和え        |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | みかんゼリー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | カーネルコーン         |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 枝豆              |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒーミルク         |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |  |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    |      | ●   |      |  |
| 夕食       | カレーライス          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    | ●   |    |          |    |      |     |      |  |
|          | 醤油やきそば          | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | ーロとんかつ          | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    | ●   |    |          |    |      |     |      |  |
|          | 和風マーボー茄子        | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | マカロニサラダ         | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | コールスロー          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 海藻ミックス          |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | クレープ（チョコ）       | ●                                                                                 | ●                                                                                 | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     | ●    |  |
|          | わかめの味噌汁         | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    |      |     |      |  |
|          | ごはん             |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | さくら漬け           |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒー            |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | コーヒーミルク         |                                                                                   |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    | ●  |     |    |          |    |      |     |      |  |
| 砂糖       |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
| ドリンクサーバー |                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     | ●    |         |      |    |    |    |    |    |    |     |    |          |    | ●    |     |      |  |
| 共通       | 青じそドレッシング（小袋）   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    | ●  | ●  | ●  |     |    |          |    | ●    | ●   |      |  |
|          | フレンチ白ドレッシング（小袋） |                                                                                   | ●                                                                                 |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    | ●  |    |     |    |          |    | ●    |     |      |  |
|          | ケチャップ（小袋）       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |
|          | 中濃ソース（小袋）       |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |             |     |    |     |      |         |      |    |    |    |    |    |    |     |    |          |    |      |     |      |  |

・都合により、メニュー・食材が変更になる場合がございます。必ず、ご利用当日に、店頭のアレルギー表示をご確認ください。  
 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月 | 5、11、17、23、29日  | 特定原材料 |   |   |    |     |    |    |     | 特定原材料に準ずる品目 |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------------|-----|----|-----|------|---------|-------|----|----|----|----|----|----|-----|----|-------|----|------|-----|------|
| 分類 | NO.5            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド       | あわび | いか | いくら | オレンジ | カシューナッツ | フルウィツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミア | もも | やまいも | りんご | ゼラチン |
| 朝食 | チキンナゲット         | ●     | ● | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |       |    |      |     |      |
|    | さつま揚げ煮          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ひじき煮            | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 納豆              | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | いちごジャム          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 牛乳              |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |       |    |      | ●   |      |
| 昼食 | 豚汁ラーメン          | ●     | ● |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    | ●   |    |       |    |      |     |      |
|    | 白身魚フライ          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     | ●  |       |    |      | ●   |      |
|    | 白菜のキムチ煮         |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     | ●  |       |    |      | ●   |      |
|    | 青菜のお浸し          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ヨーグルト（アロエ）      |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     | ●    |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | カーネルコーン         |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 枝豆              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |       |    |      | ●   |      |
| 夕食 | 五目ちらし           | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |
|    | チャブチェ           | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ささみそ巻きフライ       | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  |     |    |       |    |      |     |      |
|    | ぜんまいの炒め煮        |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | パンブキンサラダ        | ●     | ● | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 海藻ミックス          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ミニたい焼き          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |       |    |      | ●   |      |
| 共通 | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  | ●  | ●   |    |       |    |      | ●   | ●    |
|    | フレンチ白ドレッシング（小袋） |       | ● |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |       |    |      | ●   |      |
|    | ケチャップ（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |       |    |      |     |      |

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 ・アレルギー表示は、特定原材料、特定原材料に準ずる品目について表記しています。メニューにアレルギー食材が含まれていないと書かれている場合も、厨房では、あらゆる食材を取り扱っております。

# 5月メニューアレルギー表

国立妙高青少年自然の家



| 5月 | 6、12、18、24、30日  | 特定原材料 |   |   |    |     |    |    |     | 特定原材料に準ずる品目 |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|----|-----------------|-------|---|---|----|-----|----|----|-----|-------------|-----|----|-----|------|---------|-------|----|----|----|----|----|----|-----|----|----------|----|------|-----|------|
| 分類 | NO.6            | 小麦    | 卵 | 乳 | そば | 落花生 | えび | かに | くるみ | アーモンド       | あわび | いか | いくら | オレンジ | カシューナッツ | フルウィツ | 牛肉 | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マカダミアナッツ | もも | やまいも | りんご | ゼラチン |
| 朝食 | ポイルウィンナー        |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     | ●  |          |    |      |     |      |
|    | 炒り卵             | ●     | ● |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | 卵の花             | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    | ●  | ●  |    |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 納豆              | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 食パン             | ●     |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | いちごジャム          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 牛乳              |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 昼食 | わかめうどん          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | メンチカツ           | ●     |   | ● |    |     |    |    |     |             |     |    |     |      |         |       | ●  |    |    |    |    | ●  | ●   | ●  |          |    |      |     |      |
|    | 大根のそぼろあん        |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    | ●   |    |          |    |      | ●   |      |
|    | 花野菜キャロットソースサラダ  |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    | ●  |     |    |          |    |      | ●   |      |
|    | みかんゼリー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | カーネルコーン         |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 枝豆              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 夕食 | ハヤシライス          | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     | ●  |          |    |      |     | ●    |
|    | ミートソースパスタ       | ●     |   | ● |    |     |    |    |     |             |     |    |     |      |         |       | ●  |    |    |    |    | ●  | ●   | ●  |          |    |      |     |      |
|    | イワシ青のりフライ       | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | 回鍋肉             | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  | ●   | ●  |          |    |      | ●   |      |
|    | マカロニサラダ         | ●     | ● | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | コールスロー          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 海藻ミックス          |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | プリン             |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     | ●    |
|    | わかめの味噌汁         | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | ごはん             |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | さくら漬け           |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒー            |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | コーヒーミルク         |       |   | ● |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    | ●  |     |    |          |    |      |     |      |
|    | 砂糖              |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | ドリンクサーバー        |       |   |   |    |     |    |    |     |             |     |    |     | ●    |         |       |    |    |    |    |    |    |     |    |          |    |      | ●   |      |
| 共通 | 青じそドレッシング（小袋）   | ●     |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    | ●  | ●  | ●  |     |    |          |    |      | ●   | ●    |
|    | フレンチ白ドレッシング（小袋） |       | ● |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    | ●  |    |     |    |          |    |      | ●   |      |
|    | ケチャップ（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |
|    | 中濃ソース（小袋）       |       |   |   |    |     |    |    |     |             |     |    |     |      |         |       |    |    |    |    |    |    |     |    |          |    |      |     |      |

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