

生協食堂レギュラーメニューのアレルギ表示

2020/10/26現在

アレルギー メニュー名	アレルギー	卵	乳	小麦	えび	かに	そば	落花生	あわび	いか	いくら	オレンジ	フルーツ	牛肉	大豆	鶏肉	バナナ	豚肉	まつたけ	もも	やまいち	りんご	ゼラチン	魚介類	カシューナッツ	ごま			
アレルギー メニュー名	Menu name	egg	milk	wheat	Shrimp	Crab	Soba	peanuts	Abalone	The squid	Salmon roe	Orange	Kiwi fruit	beef	Walnut	Salmon	Mackerel	soy	chicken	banana	pork	Matsutake	Peaches	Yam	Apple	gelatin	seafood	Cashew nuts	Sesame
ごはん・カレー・丼	Rice, curry, bowl																												
ライスM	Steamed white rice (M)																												
きのこごはん発芽玄米入りM	Sprouted brown rice cooked with mushroom (M)			●												●	●	●											
鶏ごぼう五穀ごはんM	Five grain rice cooked with chicken and burdock (M)			●												●	●	●											
マイルドカレーM	Beef curry and rice, mildly spiced, medium size			●										●				●									●		
カレーライスM	Curry sauce on rice (M)		●	●										●												●	●		
豚塩カルビ焼肉丼M	Salted pork rib rice bowl, Korean style (M)	●	●	●													●	●	●		●						●		
炭火焼鳥丼M	Char-broiled chicken with a sweet and savory sauce rice bowl medium size	●	●	●													●	●	●								●		
月見味噌カツ丼M	Rice bowl with half-boiled egg and breaded pork cutlet on a bed of coleslaw (M)	●	●	●													●	●	●									●	
牛丼M	Beef rice bowl (M)			●										●													●		
洋食屋さんのハヤシライスM	Hashed meat and rice (M)			●										●													●		
チキンカツ卵とじ丼M	Breaded chicken cutlet rice bowl with egg and starchy thick sauce (M)	●	●	●													●	●	●									●	
麻婆丼M	Mapo tofu rice bowl (M)			●																	●							●	
日替わり	Daily																												
ベーコンチーズと唐揚げ	Onion, bacon and cheese wrapped in ham deep fried and fried chicken	●	●	●												●	●		●				●	●					
ハンバーグとささみカツ	Hamburger steak & breaded and deep fried chicken tender	●	●	●										●												●			
ハンバーグと若鶏醤油香り揚げ	Hamburger steak & soy sauce flavored fried spring chicken	●	●	●	●	●								●				●					●	●			●		
えびカツと若鶏醤油香り揚げ	Breaded & deep fried shrimp and soy sauce flavored fried spring chicken	●	●	●	●	●												●						●	●		●		
チキン南蛮とひれかつ	Deep fried chicken marinated in sweet vinegar sauce & deep fried pork fillet	●	●	●														●	●		●			●	●				
チキンチーズ焼きとコロッケ	Grilled chicken with cheese & croquette	●	●	●	●									●				●	●		●			●	●		●		
照り焼きチキンとミニメンチカツ	Teriyaki chicken & breaded and deep fried potato cake with domestic minced beef	●	●	●	●	●								●				●	●		●			●	●		●		
ハンバーグとから揚げ	Hamburger steak & fried chicken	●	●	●										●												●			
ひれカツと白身フライ	Breaded pork fillet cutlet & breaded and deep fried white meat fish	●	●	●														●	●		●			●	●		●		
チキン南蛮ミニとシューマイ	Mini fried chicken marinated in sweet vinegar sauce & steamed Chinese dumpling	●	●	●	●	●												●	●		●			●	●		●		

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アレルギー	allergic																												
メニュー名	Menu name																												
鶏肉の韓国風照り焼きと串カツ	Korean style teriyaki chicken & breaded pork cutlet on a skewer	●	●	●	●	●											●	●		●					●			●	
チーズささみカツとエビマヨ	Cheese chicken tender cutlet and shrimp with mayonnaise sauce	●	●	●	●													●	●		●								●
スパイスチキンとコーンクリームフライ	Grilled spicy chicken & corn cream flavored croquette	●	●	●														●	●		●				●				
エビフライと唐揚げウィンナー	Fried chicken, breaded deep fried shrimp, and sausage combo	●	●	●	●													●	●		●								
主菜250円以上	Main course 250 yen or more																												
ローズとんかつ	Breaded pork loin cutlet	●		●														●			●								●
厚切り旨ひれかつ	Bite-sized Japanese pork fillet cutlet	●	●	●														●			●								●
豚肉アスパラチーズカツ	Breaded pork cutlet along with asparagus and cheese	●	●	●														●			●								●
鶏ボン唐揚げ	Fried chicken with soy and vinegar sauce			●														●	●										
チキン黒胡椒焼	Black peppered chicken, grilled			●														●	●		●								●
ねぎ塩チキンステーキ	Chicken steak, green onion and salt flavored			●															●										●
豚肉の生姜焼	Sauteed ginger flavored pork (domestic pork)			●														●	●		●								●
豚肉と小松菜あっさり炒め	Pork and Japanese mustard spinach stir fry			●													●	●			●								●
牛肉野菜炒め	Beef vegetables stir-fry	●		●										●				●	●		●								●
ステーキハンバーグ	Hamburger steak	●	●	●										●				●	●		●								●
ハンバーグ照焼ベッパソース	Teriyaki hamburger steak with pepper sauce	●	●	●										●				●	●		●								●
ハンバーグミートソース	Hamburger steak with meat sauce	●	●	●										●				●	●		●								●
和風ハンバーグおろしソース	Hamburger steak with grated radish sauce	●	●	●										●				●	●		●								●
グレイビーハンバーグ	Juicy hamburger with demi-glace sauce	●	●	●										●				●	●		●								●
豆腐ハンバーグ 柚子あんかけ	Tofu hamburger steak with citrus thick sauce	●		●														●	●		●								●
ささみカツ卵とじあんかけ	Breaded chicken tender cutlet with scrambled eggs and thick sauce over	●		●													●	●											
若鶏竜田揚げ黒胡椒あんかけ	Seasoned and fried chicken with thick starchy black pepper sauce.	●	●	●														●	●										
チキン竜田甘辛ソース	Hot and sweet flavored fried chicken	●	●	●														●	●										
チキン南蛮	Fried chicken, sweet and sour flavored	●	●	●														●	●										●
カマンベールチキンカツ	Breaded chicken cutlet with camanbert cheese	●	●	●														●	●		●								●
豚肉とキャベツのスタミナ煮	Simmered pork and vegetables seasoned with soy sauce			●										●				●			●								
牛肉じゃが	Simmered beef and potato			●										●				●			●								

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とろさばの照り焼き	Fatty mackerel broiled with soy sauce			●													●	●											
銀ひらすの西京焼き	Grilled miso marinated amberjack																	●											
氷温熟成鯖の塩焼き	Mackerel aged at ice temperature, salted and grilled																●												
銀鮭の塩焼き	Broiled salmon seasoned with salt															●													
主菜(副菜) 150円以上	Main dish (side dish) 150 yen or more																												
テリヤキチキンサラダ	Teriyaki chicken salad	●	●	●														●	●										
チャーシュー野菜サラダ	BBQ pork slice and vegetable salad	●	●	●														●	●		●			●					●
生ハムサラダ	Uncured ham salad																	●						●					
ローストチキンサラダ	Roast chicken salad	●	●	●														●	●					●					●
白身魚の野菜南蛮あんかけ	White meat fish with vegetable thickened sweet and sour sauce			●														●											
かれいの野菜南蛮あんかけ	Deep-fried flatfish with thickened sweet and spicy vinegar sauce with vegetables			●														●											
さわらの西京焼き	Spanish mackerel marinated in miso and grilled																	●											
さっくりあじフライ	Deep-fried horse mackerel	●		●														●											
旨厚ハムカツ	Yummy thick ham cutlet	●		●														●	●		●								
お肉屋さんのメンチカツ	Juicy minced pork and beef cutlet	●	●	●										●				●			●			●					●
サーモンチーズフライ	Breaded fried salmon with cheese	●	●	●												●		●											
いかフライ	Breaded and deep fried squid	●		●						●								●											
さんまの竜田揚げ	Deep-fried marinated saury			●														●											
鯖の味噌煮	Simmered mackerel, miso flavored			●													●	●											
鯖の生姜煮	Simmered mackerel, ginger flavored			●													●	●											
鯖の照り焼き	Mackerel Teriyaki			●													●	●											
豚肉チゲ豆腐	Pork and tofu spicy hot pot, Korean style			●										●				●			●								●
豚レバーにらもやし	Stir fried pork liver with Chinese chives and soy bean sprouts			●														●			●								●
真いかの唐揚げ	Deep fried squid			●						●								●											
茄子挟み天おろしソース	Eggplant tempura stuffed with chicken hamburger with tempura sauce	●	●	●														●	●										
かにと豆腐のふんわり天	Fluffy tempura with crab meat and tofu	●	●	●		●												●			●				●				
豚天甘露	Pork tempura and garlic scape stir-fried in sweet soy sauce	●	●	●														●			●								●
おくらベーコン巻き天	Bacon wrapped okra tempura	●	●	●														●	●		●								
副菜150円未満	Side dish less than 150 yen																												
あじの南蛮漬け	Deep fried horse mackerel marinated in sweet vinegar sauce			●														●											
あまから揚げ茄子	Sweet and spicy fried eggplant	●	●	●														●											

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サクサクチーズはんぺん	Crispy cheese flat fish cake cutlet	●	●	●														●							●					
海鮮はしまき	Japanese savory pancake with seafood on a stick	●		●						●								●	●		●		●							
さんまみぞれ煮梅だれ	Simmered saury cooked with grated radish in plum sauce			●														●											●	
チキンレバー生姜煮	Simmered chicken liver, ginger flavored			●														●	●											
肉団子	Meatball		●	●														●	●											
甘えびクリームコロッケ	Creamy croquette with red shrimp		●	●	●													●	●						●					
男爵コロッケ牛肉入り	Croquette with Danshaku potato and minced beef	●	●	●										●				●												
スタミナ豆腐	Chilled tofu with garlic flavored Chinese sauce			●														●							●				●	
ねばねばサラダ	Sticky salad with okra, grated yam, and makabu seaweed			●													●	●					●							
副菜100円未満	Side dish less than 100 yen																													
じゃこおくらスライス	Sliced okra with dried small fish			●													●	●												
10品目のきんぴら	10 ingredient stir fry with soy sauce and sugar			●														●	●											●
ささがきごぼうの金平	Thinly shaved burdock stir fry in soy sauce and sugar		●	●													●	●												●
シャキシャキ蓮根金平	Crunchy lotus root stir fry in soy sauce and sugar			●														●												●
じゃこ大根おろし	Grated radish with dried small fish			●														●												
なめ茸大根おろし	Grated radish with nametake mushroom			●														●												
胡瓜とわかめじゃこの酢の物	Cucumber, wakame seaweed, and dried small fish dressed with sweet vinegar sauce																	●												
蒸し鶏ときくらげの酢の物	Steamed chicken and cloud ear mushroom dressed with sweet vinegar source			●														●	●						●	●				●
柚子づくし春雨サラダ	Vermicelli salad with citrus vinaigrette	●	●	●														●			●									●
鶏肉と春雨の中華サラダ	Chicken and vermicelli noodle salad, Chinese style	●	●	●														●	●		●				●	●				●
ほうれん草ともやしのナムル	Korean vegetable salad with spinach and bean sprouts			●														●							●					●
明太ごぼうサラダ	Spicy cod roe and burdock salad	●	●	●														●												
北海道明太ポテトサラダ	Hokkaido potato salad mixed with spicy cod roe	●	●	●														●												
小えび入り焼きビーフン	Fried rice noodles with shrimp	●		●	●													●	●											●

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ハムとチーズのポテトサラダ	Ham and cheese potato salad	●	●														●	●		●									
ベーコンチーズポテトサラダ	Bacon and cheese potato salad	●	●														●			●				●	●	●			
かに風味マカロニサラダ	Fake crab, vegetables and macaroni salad, mayonnaise flavored	●	●	●	●	●											●							●	●	●			
さつまいもとりんごのマカロニサラダ	Macaroni salad with sweet potato and apple	●	●	●													●						●						
こうや豆腐	Freeze dried tofu cooked in mild soy sauce			●													●												
玉子豆腐	Egg flavored tofu	●		●												●	●												
枝豆入りひじき煮	Simmered hijiki seaweed with edamame soy beans		●	●													●												
五目ひじき煮	Hijiki seaweed simmered with assorted vegetables		●	●										●			●	●											
法蓮草の白和え	Spinach dressed with tofu paste, sesame seeds, and white miso paste		●	●													●											●	
法蓮草のたまごとし	Scrambled eggs with spinach	●	●	●	●	●										●	●												
おくらごま和え	Okra dressed with sesame seeds		●	●												●	●	●										●	
副菜100円未満	Side dish less than 100 yen																												
しめじ入り卵の花	Simmered soy bean flakes with shimeji mushroom		●	●												●	●												
貝たくさん卵の花	Soy bean flakes simmered with various ingredients		●	●												●	●												
ごろごろ野菜の炊き合わせ	Lotus, burdock, and carrot simmered in fish-based sauce.		●	●													●												
ひじきと蓮根の煮物きのこ入り	Simmered hijiki seaweed, lotus root, and mushroom		●	●													●												
大根と厚揚げの煮物きのこ入り	Simmered radish, thick fried tofu, and mushroom		●	●													●												
小松菜と揚げの煮浸し	Simmered fried tofu and mustard spinach (komatsuna)			●													●												
巣ごもりたまご	Poached egg on a bed of vegetables	●		●													●	●											
おくら巣籠り卵	Poached egg on the bed of okra	●		●													●	●											
大学芋	Caramelized deep fried sweet potato			●													●	●											
玉子焼き	Japanese omelet	●		●													●	●											
かぼちゃ煮	Simmered pumpkin			●												●	●												
法蓮草	Boiled spinach																●												
エッグマカロニサラダ	Egg and macaroni salad	●	●	●													●												
納豆	Natto, fermented soy beans			●													●												
豆腐	Chilled tofu																●												
スープ	soup																												
味噌汁	Miso soup																●												

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スタミナスープ	Chicken broth soup with pork, eggs, and vegetables	●															●	●		●								●	
おでん	Oden																												
おでんたまご	Oden, egg	●		●													●	●											
おでんこんにゃく	Oden, yam			●													●	●											
おでん絹ごし厚揚げ	Oden, soft, thick fried tofu			●													●	●											
おでんロールキャベツ	Oden, cabbage roll	●		●													●	●	●	●	●								
おでん大根	Oden, daikon radish			●													●	●											
おでん竹輪	Oden, simmered fish cake	●		●													●	●			●								
おでん白滝	Oden and yam noodles			●													●	●											
おでん餅きんちゃく	Oden with tofu stuffed with mochi rice cake			●													●	●											
温かい麺	Warm noodles																												
担々麺	Ramen noodles with sesame and chili soup	●	●	●													●				●								●
とんこつラーメン	Tonkotsu ramen noodles (pork based white soup)	●	●	●													●	●			●								●
醤油ラーメン	Soy sauce flavored ramen noodles	●		●													●	●	●		●			●					●
天ぷらうどん	Tempura Udon noodles	●		●	●												●	●											
天ぷらそば	Tempura buckwheat noodles	●		●	●		●										●	●											
きつねうどん	Udon noodles with sweet tofu			●	●												●	●											
きつねそば	Buckwheat noodles with sweet tofu	●		●	●		●										●	●											
若布うどん	Seaweed udon noodles			●													●	●											
若布そば	Seaweed buckwheat noodles	●		●			●										●	●											
かけうどん	Simple udon noodles			●													●	●											
かけそば	Simple buckwheat noodles	●		●			●										●	●											
肉うどん	Udon noodles with beef	●	●	●										●			●	●											
肉そば	Buckwheat noodles with beef	●	●	●			●							●			●	●											
デザート	dessert																												
ぶどうのゼリーナタデココ入り	Grape jelly with nata de coco																												
ふじりんごのゼリー	Fuji apple jelly																					●		●					
京都宇治抹茶パバロア	Bavarian cream flavored with Uji Macha green tea from Kyoto		●														●												
ルビーフルーツゼリー	Ruby grapefruit jelly											●																	
フルーツカスタードプリン	Fruit and custard pudding	●	●														●								●				
バナナコッタMIXベリー	Panna cotta with berry sauce		●																						●				
シアクリーム杏仁	Creamy almond jelly	●	●																			●							
ミルク寒天ヨーグルト	Milk and yogurt flavored seaweed based jelly	●	●														●												

