

|           |                     | 2025年7月 |   |   |     |    |    |    |     |       |     |    |     |      |         |         | 2025/7/1 |    |    |    |    |    |     |    |           |     |      |     |      |   |
|-----------|---------------------|---------|---|---|-----|----|----|----|-----|-------|-----|----|-----|------|---------|---------|----------|----|----|----|----|----|-----|----|-----------|-----|------|-----|------|---|
|           |                     | 小麦      | 卵 | 乳 | 落花生 | そば | えび | かに | くるみ | アーモンド | あわび | いか | いくら | オレング | カシューナッツ | キウイフルーツ | 牛肉       | ごま | さけ | さば | 大豆 | 鶏肉 | バナナ | 豚肉 | マダガスカルナッツ | もちも | やまいも | りんご | ゼラチン |   |
| スープ       | MKオリジナルスープ          |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | チゲスープ               | ●       |   |   |     |    | ●  |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     | ●    |   |
|           | すきやきスープ             | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | あごだし旨塩スープ           | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | 豆乳トムヤムスープ           | ●       |   | ● |     |    | ●  |    |     |       |     |    |     |      |         |         |          | ●  |    |    | ●  | ●  | ●   |    |           |     |      |     | ●    |   |
|           | ごま豆乳スープ             | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    | ●  | ●  | ●   |    |           |     |      |     | ●    |   |
|           | 国産黒毛和牛（外もも）         |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         | ●        |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | ハーブ三元豚              |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 厳選牛（赤身）             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 厳選牛（バラ）             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
| むすで特売     | 厳選豚肩ロース             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 厳選豚バラ               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 沖縄あぐー豚              |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | ラム                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 鶏もも                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 国産鶏むね肉              |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 鶏つくね                | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      | ●   | ●    |   |
|           | チーズ入り鶏つくね           | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      | ●   | ●    |   |
|           | コーン入り鶏つくね           | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      | ●   | ●    |   |
|           | あおととレコン入り鶏つくね       | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      | ●   | ●    |   |
| むすで特売     | 沖縄あぐー豚&国産盛合せ        |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    | ●         |     |      |     |      |   |
|           | 沖縄あぐー豚&牛豚盛合せ        |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     | ●  | ●         |     |      |     |      |   |
|           | ラムしゃぶ&国産盛合せ         |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     | ●  | ●         |     |      |     |      |   |
|           | ラムしゃぶ&牛豚盛合せ         |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     | ●  | ●         |     |      |     |      |   |
|           | 黒毛和牛&ハーブ三元豚盛合せ      |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     | ●  | ●         |     |      |     |      |   |
|           | 厳選牛豚盛合せ             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    | ●         | ●   |      |     |      |   |
|           | 厳選豚盛合せ              |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         | ●   |      |     |      |   |
|           | 彩り野菜の盛合せ/たっぷりの野菜盛合せ |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 追加レモン               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | むすで特売               | 白菜      |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| 小松菜       |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| 水菜        |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| レタス       |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| キャベツ      |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| パクチー      |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| ベビーコーン    |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| しめじ       |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| えのき       |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| まくらげ      |                     |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| むすで特売     | 大根                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 人参                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | たまねぎ                |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | もやし                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | しゃぶしゃぶ葱             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | オクラ                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | ズッキーニ               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | ミニトマト               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | エビワンタン              | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    |           |     |      |     |      |   |
|           | エビボール               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    |           |     |      |     |      |   |
| むすで特売     | もちもちエビ入り水餃子         | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      | ● |
|           | ウインナー               |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    | ●         |     |      |     |      | ● |
|           | 餅巾着                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    | ●  | ●   |    |           |     |      |     |      | ● |
|           | トック                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 結びしらたき              |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 豆腐                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 枝豆                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | えびせん                |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | ぶたご福                | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | パネー福                | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    | ●   | ●  |           |     |      |     |      |   |
| むすで特売     | 生卵                  | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 白ご飯                 |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 雑炊セット               | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | リゾットセット             | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | しゃぶしゃぶセット           | ●       | ● | ● |     |    |    | ●  |     |       |     |    |     |      |         |         |          | ●  | ●  |    |    | ●  | ●   |    |           | ●   | ●    |     |      | ● |
|           | 有頭海老                |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 帆立                  |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | イカ                  |         |   |   |     |    |    |    |     |       |     |    | ●   |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
|           | 単品マトウダイ             |         |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      | ● |
|           | むすで特売               | 海鮮5種盛り  |   | ● |     |    |    | ●  |     |       |     |    |     |      |         |         |          |    | ●  |    |    |    |     |    |           | ●   |      |     |      |   |
| プレミアム小籠包  |                     | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| かに小籠包     |                     | ●       | ● | ● |     |    |    | ●  | ●   |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| 太平魚小籠包    |                     | ●       | ● | ● |     |    |    | ●  |     |       |     |    | ●   |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| 大葉小籠包     |                     | ●       | ● | ● |     |    |    | ●  |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| 5色小籠包     |                     | ●       | ● | ● |     |    |    | ●  | ●   |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| ブチアガカンドック |                     | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           | ●   |      |     |      | ● |
| ハムスイコー    |                     | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    |    |     |    | ●         |     |      |     |      |   |
| 九条ネギバオズ   |                     | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    | ●         |     |      |     |      |   |
| 揚げパン      |                     | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |
| 飲茶・アラカルト  | 油淋鶏                 | ●       | ● | ● |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | もっちりチヂミ             | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | 国産しらす蒸し             | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | 鶏皮餃子                | ●       |   |   |     |    |    |    |     |       |     |    |     |      |         |         |          | ●  |    |    |    | ●  | ●   |    |           |     |      |     |      |   |
|           | 呼子名物いざしやうまい         | ●       | ● |   |     |    |    |    |     |       |     |    |     |      |         |         |          |    |    |    |    |    |     |    |           |     |      |     |      |   |

