

Main table for the first page of the menu, listing dates, days of the week, meals, snacks, and ingredients for each day from 1st to 17th.

Nutritional information table showing energy, protein, fat, calcium, iron, vitamins, and fiber content for the month and daily targets.

※1 昼食及びおやつで食事摂取基準量の50%を給与する(昼食:1日全体の概ね1/3 おやつ:1日全体の10~20%)

※2 質(n-6系脂肪酸、n-3系脂肪酸)にも配慮する

Main table for the second page of the menu, listing dates, days of the week, meals, snacks, and ingredients for each day from 18th to 29th.