

Main table for the first menu, listing dates from Monday to Sunday with columns for meals (昼食), snacks (おやつ), and ingredients categorized by color (赤, 黄, 緑).

Nutritional summary table with columns for energy (エネルギー), protein (たんぱく質), fat (脂肪), calcium (カルシウム), iron (鉄), vitamins A, B1, B2, C, fiber (食物繊維), and salt (食塩相当量).

※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 menu, listing dates from Saturday to Friday with columns for meals (昼食), snacks (おやつ), and ingredients categorized by color (赤, 黄, 緑).

Nutritional summary table for the second menu, identical in structure to the first menu's summary table.

※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