



Main menu table with columns for days of the week (月, 火, 水, 木, 金) and rows for dates (3, 4, 5, 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, 21, 24, 25, 26, 27, 28, 31). Each cell contains a meal name and a list of ingredients with their respective quantities.

うんどうかいの だいきゅうなどで きゅうしょくは ありません (No school sports or school lunches on this day). Includes an illustration of two children.

富田林市産の野菜を使用する予定です (We plan to use locally grown vegetables from Tomita-Rin City). Lists items like small pineapples, melons, and green onions with dates.

食物アレルギーをお持ちの方へ (For those with food allergies). Information about allergen-free areas in the school cafeteria and kitchen, and instructions to eat with care.

しっかりとてをあらおう! (Wash your hands properly!). Illustrations showing correct handwashing techniques.

Nutritional information table with columns for Energy, Protein, Fat, Fiber, Vitamins, Salt, Calcium, Magnesium, and Iron. Rows include school lunch intake standards and 10-month average intake.

●献立表中の食品の数量の単位はgで中学年の量を示しています。配分量は幼稚園児は0.75倍量、低学年(1年生・2年生)は0.85倍量、高学年(5年生・6年生)は1.15倍量になります。 ●材料入荷のつごうにより、内容を多少変更することがありますのでご了承下さい。