

Main table containing 30 days of menu items, ingredients, and nutritional information. Columns include date, menu name, ingredients, energy/nutrient values, and food categories.

今月のレシピ紹介 (Monthly Recipe Introduction) section with 4 recipes: 4日はくさ虫予防デー (4 days of insect prevention), カルシウムたっぷりご飯 (Calcium-rich rice), 夏野菜たっぷりサラダ (Summer vegetable salad), and ツナピラフ (Tuna pilaf).

19日のおやつ ごまクッキー (19th snack: Sesame cookies) recipe and preparation instructions.

20日お誕生会での給食レシピ (20th birthday party menu recipes) including ツナピラフ (Tuna pilaf), 夏野菜たっぷりサラダ (Summer vegetable salad), and 旬の野菜スープ (Seasonal vegetable soup).

★パルシステムから果物を購入します★ (★We purchase fruits from Parosystem★) notice regarding fruit purchases and menu changes.

★なかよし給食について★ (★About Nakayoshi Dining★) notice regarding the implementation of Nakayoshi Dining and allergen information.

保育園で使っている調味料の紹介 (Introduction of seasonings used in the nursery) section listing various products and their uses.

季節について...二十四節季 (About the seasons... 24 solar terms) section explaining the Japanese seasonal cycle and its relation to the 6th month.

食材のお話 『今日は●●の日』 (Ingredient story 'Today is ●● day') section discussing food safety and the importance of fresh ingredients.

★お誕生会での試食★ (★Tasting at the birthday party★) section featuring photos of various seasonal vegetables and fruits.

★おすすめ食育絵本★ (★Recommended nutrition education picture books★) section listing and showing several children's books.

○献立表について○ (About the menu table) section providing additional information about the menu and allergen symbols.