

Main table with columns for date, menu, ingredients, energy/nutrient info, and recipe details. Includes seasonal notes and special days like 'Thanksgiving' and 'Autumn Harvest Festival'.

今月のレシピ紹介 (Monthly Recipe Introduction) section featuring '保育園の畑でとれたさつまいもをおやつやおやつで' (Using pumpkins from the nursery garden for snacks).

★21日お誕生会での給食レシピ (★21st Birthday Party Menu Recipe) for '秋野菜カレー' (Autumn Vegetable Curry).

～だしの活用～ (Dashi Usage) section explaining how to use dashi in various dishes like soups and stews.

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

★なかよし給食について★ (★About Nakayoshi School Lunch★) notice regarding the school lunch program.

季節について…二十四節気 (About the Seasons... 24 Solar Terms) section explaining the seasonal changes and the 24 solar terms.

11月24日は和食の日です (November 24th is Japanese Food Day) section explaining the significance of the date and the importance of traditional Japanese cuisine.

～食材のお話 『今日は●●の日』～ (About Ingredients 'Today is ●● Day') section providing information about ingredients used in the menu.

★お誕生会での試食★ (★Tasting at the Birthday Party★) section featuring images of various seasonal vegetables and fruits available for tasting.

旬の食材 りんごを味わいましょう (Seasonal Ingredients Let's Taste Apples) section encouraging the use of seasonal apples.

11月5日はアップルパイです (November 5th is Apple Pie) section providing a recipe for apple pie.

素材の味を大切に、味覚を育てましょう (Value the Flavor of Ingredients, Let's Nurture Taste) section discussing the importance of taste and healthy eating.

★おすすめ食育絵本 (★Recommended Nutrition Picture Books) section featuring images of various children's books related to nutrition and food.