

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

今月のレシピ紹介 (This month's 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～ (Using Dashi) 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 Lunch★) notice regarding lunch service and menu changes.

季節について…二十四節気 (About the Seasons... 24 Solar Terms) section explaining the current season and weather.

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

～食材のお話 『今日は●●の日』～ (About Ingredients 'Today is ●● Day') section discussing food ingredients.

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

旬の食材 りんごを味わいましょう (Seasonal Ingredients Let's Enjoy Apples) section about eating apples.

11月5日はアップルパイです (November 5th is Apple Pie) section about the apple pie menu item.

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 about taste education.

★おすすめ食育絵本 (★Recommended Nutrition Picture Books) section featuring various children's books about food.