

Main table with columns for date, menu, energy/nutrient info, ingredients, seasonings, and food categories. Includes seasonal notes and a holiday substitution day (24th).

今月のレシピ紹介 (Recipe Introduction) section featuring a recipe for 'さつまいも茶巾しほり' (Sweet Potato Tea Towel) with an image and detailed instructions.

4日は手作りピザです★ (4th is Homemade Pizza) section with a photo of a pizza and text describing the recipe.

〜26日はおもちつきです〜 (From 26th is Mochi Making) section with a photo of mochi and text about the activity.

★お誕生会での給食レシピ★ (★Menu for Birthday Party) section featuring 'メキシカンピラフ' (Mexican Pilaf) with a photo and recipe.

★お誕生会での給食レシピ★ (★Menu for Birthday Party) section featuring 'チンゲン菜と豆腐のサラダ' (Chinensis Salad) with a photo and recipe.

★パルシステムから果物を購入します★ (★We purchase fruits from Parsystem) section with text about fruit purchases.

★なかよし給食について★ (★About Friendly Meals) section with text about the 'Friendly Meals' program.

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

もうすぐ年末〜クリスマス・お正月休み〜 (Almost Year End ~ Christmas & New Year Holiday) section with text about the holidays.

★お誕生会での試食★ (★Tasting at Birthday Party) section with photos of various dishes and text about the menu.

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

★おすすり給食絵本★ (★Recommended Reading for Meals) section with images of children's books related to food.