

Main table containing 31 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 (Monthly Recipe Introduction) featuring a '手作りかしわもち' (Homemade Kasu Mochi) recipe with photos and instructions.

16日お誕生会での給食レシピ (Menu for 16th Birthday Party) listing special menu items like 'ただけのこの和風スパゲティ' and 'ごぼうサラダ'.

★パルシステムから果物を購入します★ (We purchase fruits from Parsystem) with details on seasonal produce and usage.

★なかよし給食について★ (About Nakayoshi Lunch) explaining the lunch program, including menu examples and preparation methods.

保育園で使っている調味料の紹介 (Introduction to Seasonings Used in Nursery) listing various seasonings and their uses in cooking.

18日は引き渡し訓練です。 (On the 18th, there is a handover drill.) Details on fire drills, evacuation procedures, and safety measures.

献立表について (About the Menu Table) explaining the table's structure, including food categories and allergen information.

★お誕生会での試食★ (Tasting at the Birthday Party) featuring photos of various seasonal dishes and ingredients.

～食材のお話 『今日は●●の日』～ (Food Story 'Today is ●● Day') discussing seasonal ingredients and their health benefits.

★おすすめ食育絵本 (Recommended Nutrition Education Books) listing children's books about food and nutrition.