

＜3つの食品グループと多くふくまれる栄養素＞

Table with 4 columns: Food Group, Energy, Body Building, Body Regulation. Includes sub-headers for Carbohydrates, Lipids, Protein, and Vitamins.



☆材料購入の都合により献立を変更することがあります。

Menu for Thursday (木) and Friday (金). Thursday: 602kcal, Friday: 655kcal. Includes items like 牛乳, ごはん, ナスいりマーボー豆腐, etc.

Main menu grid for days 5 through 9. Each day includes a meal name, kcal, and a list of ingredients.

Main menu grid for days 12 through 16. Each day includes a meal name, kcal, and a list of ingredients. Includes 'フルーツ給食' (Fruit Lunch) on days 13 and 16.

Main menu grid for days 19 and 20. Each day includes a meal name, kcal, and a list of ingredients.

Announcement box with text: '~ 7がつのこんだてより ~'. Contains messages for July 15th ('しるなしたんたんめん') and July 19th ('ササミのうめずあげ').