



Main table with columns for Day (曜日), Menu (献立), Energy (エネルギー), Protein (たんぱく質), and Nutritional Value (栄養価). Rows include dates from July 1st to 15th with detailed menu items and illustrations.

給食の献立紹介
今年度は、旬を生かした献立を紹介いたします。「旬の食材」を太字にしています。

★ なすとツナのサラダ (1日) ★

Recipe for Eggplant and Tuna Salad. Includes ingredients list (材料) for 4 people and step-by-step instructions (作り方). A cartoon eggplant character says '冷やして食べるとおいしいよ!' (It's delicious when chilled!).

- 4-step instructions for making the eggplant and tuna salad, including cutting eggplant, sautéing tuna, and combining with dressing.

Information about eggplants (ナス). Features illustrations of different varieties: 伊予なす (Iyo Nasu), 松山長なす (Matsuyama Naganasu), and 絹皮なす (Kinukawanasu). Text explains that eggplant skin contains polyphenols and is beneficial for preventing arteriosclerosis.

Message about eating summer vegetables. Illustration of a basket of vegetables. Text: '夏野菜を食べて、夏を乗り切ろう!' (Eat summer vegetables and get through the summer!). Explains that summer vegetables help replenish water lost through sweating and provide vitamins A and C.