

Main table containing 15 rows of school lunch menus with columns for date, menu items, ingredients, and energy values.

給食の献立紹介
今年度は、旬を生かした献立を紹介します。「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 (eggplant, tuna, dressing) and preparation steps (cutting, sautéing, mixing).

Information about eggplants (ナス). Features illustrations of different varieties (Izumi, Matsuyama, Kurokawa) and text explaining their health benefits, such as being rich in polyphenols and antioxidants.

Message about eating summer vegetables. Includes an illustration of a basket of vegetables and text stating that eating them helps replenish moisture and vitamins during the hot summer months.

Summary table at the bottom left showing average energy intake (660 kcal) and protein intake (27.3g) for elementary school 4th graders.

Footnote text explaining that the menu is subject to change based on ingredient availability and that the nutritional values are based on the 7th edition of the food composition table.