

Main table containing school lunch menus for April, organized by date (曜日) and week (日). Each row includes the day, menu items with illustrations, and nutritional values (栄養価).

給食の献立紹介 (Introduction of the Lunch Menu)

- Ingredients list for 'Sakika Salad' (さきいかサラダ) for 4 people, including items like sakika, cabbage, and dressing.

今年度は、栄養教諭おすすめの献立を紹介しします。

★ さきいかサラダ (15日) ★

- Preparation instructions (作り方) for Sakika Salad, including steps like washing and cutting the ingredients.

さきいかは酒をふりかけ蒸すことで、柔らかくなり食べやすくなります。 (Sakika becomes soft and easy to eat by steaming with sake.)

令和8年度給食費について (About the School Lunch Fee for the 8th Year of Reiwa)

小学校は、給食費の抜本的な負担軽減... (Elementary schools have a fundamental reduction in lunch fees...)