



Table with columns for Day (曜), Menu (献立), and Nutritional Value (栄養価). Rows include items like じゃこてんとカラフルピーマン, じゃがいものすのもの, トマトとズッキーニのラザニア, etc.

Table with columns for Day (曜), Menu (献立), and Nutritional Value (栄養価). Rows include items like ホキのラビゴットソースかけ, ゆでとうもろこし, にくだんこのコンソメスープ, etc.

給食の献立紹介 (Introduction of School Lunch Menu) section with a starfish icon and introductory text.

★魚のラビゴットソースかけ(16日)★ (★Fish Ravigote Sauce (16th)★) section. Includes ingredients (材料) and cooking instructions (作り方) for 4 people.

ラビゴット=「元気を出させる」 (Ravigote = "Gives you energy") section. Explains the benefits of the sauce and includes a cartoon character.

水分補給を忘れずに (Don't forget to hydrate) section. Includes a cartoon character and advice on drinking water and tea.