



Table of school lunch menus with columns for day, menu items, and nutritional value. Includes items like こんだてめい, えだまめごはん, and various soups.

Table of school lunch menus for days 16 and 17, including items like えびピラフ, コーンサラダ, and ラタトゥイユ.

給食の献立紹介 (Introduction of the school lunch menu) featuring a starfish illustration and text about the school lunch nutritionists' recommendation.

魚のラビゴットソースかけ (13日) (Fish Ravigotte Sauce) recipe. Includes ingredients list (材料) and cooking instructions (作り方) with illustrations of ingredients like fish, tomatoes, and peppers.

ラビゴット = 「元気を出させる」 (Ravigotte = "Gives you energy"). Text explaining the benefits of the sauce and providing tips for use.

減塩にも注目! (Pay attention to salt reduction!). Text about the benefits of low-salt food and a note about the source of the information.