



Table of school lunch menus for the first 15 days of July. Columns include day of the week, menu items with illustrations, and nutritional values (Energy kcal).

Table of school lunch menus for the 16th day of July. Columns include day of the week, menu items with illustrations, and nutritional values (Energy kcal).

今年度は、学校給食栄養士会おすすめの献立を紹介します。 (This year, we will introduce recommended menus from the School Lunch Nutritionists Association.)

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

★ 魚のラビゴットソースかけ (8日) ★ (★ Fish Ravigote Sauce (8th Day) ★)

- Ingredients list for 4 people: White fish, salt, pepper, white wine, flour, oil, tomato, eggplant, onion, etc.

- Preparation steps: 1. Cut white fish into 4 pieces. 2. Cut tomatoes into 1cm pieces. 3. Cut peppers into 8mm pieces. 4. Fry eggplant in oil. 5. Mix tomato with sauce. 6. Coat fish with flour, egg, and flour. 7. Fry fish in 170°C oil.

ラビゴット = 「元気をださせる」 (Ravigote = "Gives energy"). Includes a cartoon illustration of a muscular arm and text explaining the benefits of the sauce.

冷たいものの食べ過ぎや飲み過ぎに注意しよう! (Be careful of overeating or drinking cold things!) Text explaining the risks of cold drinks on the stomach.

減塩にも注目! (Pay attention to low salt!) Text explaining the benefits of low salt food.