

Table for menu items 1-5. Includes columns for month (月), day (火, 水, 木, 金), and food items with their respective energy and nutrient values. Includes a '献立表について' (About the menu) section with icons and text explaining units and quantities.

Table for menu items 6-10. Includes columns for month (月), day (火, 水, 木, 金), and food items with their respective energy and nutrient values. Includes a '七夕献立' (Tanabata menu) section with a '七夕' (Tanabata) icon.

Table for menu items 11-17. Includes columns for month (月), day (火, 水, 木, 金), and food items with their respective energy and nutrient values. Includes a '日本の料理' (Japanese cuisine) section with a '日本' (Japan) icon.

「世界の料理を知ろう！」 日本 7月2日. A large informational section about Japanese cuisine. It includes a title, a paragraph about '和食' (Washoku), a list of 4 features of '和食', and a small illustration of a Japanese meal. It also includes a '堺産農産物' (Sakai local agricultural products) section with a '堺のめぐみ' (Sakai no Megumi) logo and a note about the use of local products.

Table with nutritional information. Columns include: 栄養価 (Nutritional value), エネルギー (Energy), たんぱく質 (Protein), 脂質エネルギー比 (Fat energy ratio), カルシウム (Calcium), マグネシウム (Magnesium), 鉄 (Iron), 亜鉛 (Zinc), ビタミンA (Vitamin A), ビタミンB1 (Vitamin B1), ビタミンB2 (Vitamin B2), ビタミンC (Vitamin C), 食塩相当量 (Salt equivalent), and 食物繊維 (Dietary fiber).