



Main menu table with columns for days of the week (月, 火, 水, 木, 金) and rows for meal details (main dish, ingredients, energy, etc.). Includes a central 'New Zealand Kumara Soup' feature with an illustration of a child and text about the menu.

Nutritional summary table with columns for Energy (kcal), Protein (g), Fat (%), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A, B1, B2, C, Salt, and Fiber.