

Main table containing 30 days of school lunch menus. Each day's entry includes a main dish, ingredients, and a detailed list of items with their respective quantities and energy/nutrient values. Includes illustrations of various foods like salmon, chicken, and vegetables.

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Nutritional summary table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Zinc (mg), Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, Salt, and Fiber. It compares the 10-month average with the Ministry of Education standards.