

Table for the first week (July 5-11). Includes a '季節の野菜' (Seasonal Vegetables) section with a focus on 'かぼちゃ' (Pumpkin). It lists ingredients like pumpkin, butternut squash, and zucchini, and provides a list of menu items for each day (5-11) with their respective ingredients and quantities.

Table for the second week (July 12-18). Continues the menu planning with items like '冷豚肉' (Pork), '冷鶏肉' (Chicken), and '冷牛肉' (Beef). Includes a '七ツこんだて' (Shichitsumidate) section with a recipe for '七ツ汁' (Shichitsumi) and a list of ingredients.

Table for the third week (July 19-25). Features a 'はも' (Hamo) section with a recipe for 'はも' (Hamo) and a list of ingredients. Also includes a '夏のめくみ' (Summer Mekumi) section with a recipe for '夏のめくみ' (Summer Mekumi) and a list of ingredients.

Table for the fourth week (July 26-31). Includes a 'えいよう三色' (Eiyō Sanshoku) section with a recipe for 'えいよう三色' (Eiyō Sanshoku) and a list of ingredients. Also includes a '夏本番!' (Summer Season!) section with a recipe for '夏本番!' (Summer Season!) and a list of ingredients.

Informational section titled '夏本番!' (Summer Season!). It provides tips for a healthy summer, including '規則正しい生活で、朝ごはんを食べて、夏バテをふきとばそう!!' (Live a regular life, eat breakfast, and get rid of summer fatigue!!). It also includes a '献立表について' (About the Menu Plan) section with details on units and ingredients.

Summary table at the bottom of the page. It lists nutritional values for the 7-month average and compares them to the Ministry of Education, Culture, Sports, Science and Technology (MEXT) standards. The values include energy (640 kcal), protein (25.6g), fat (27%), calcium (306mg), magnesium (80mg), iron (2.2mg), lead (2.7mg), vitamins A, B1, B2, and C, and sodium (21mg).