

Main table containing monthly menus (献立表) for August and September. It includes columns for dates, meal names, ingredients, and nutritional values. Special sections include '季節の野菜' (Seasonal Vegetables) and 'お月見献立' (Moon Viewing Menu).

★ 予定献立は内容を一部変更する場合があります。

Nutritional summary table with columns for Energy (エネルギー), Protein (たんぱく質), Fat (脂質), Calcium (カルシウム), Magnesium (マグネシウム), Iron (鉄), Lead (亜鉛), Vitamin A (ビタミンA), Vitamin B1 (ビタミンB1), Vitamin B2 (ビタミンB2), Vitamin C (ビタミンC), Salt (食塩相当量), and Fiber (食物繊維).