

Main menu table with columns for days (Monday to Friday) and sections for '旬の食べ物' (Seasonal Food), 'おいしい歯の日' (Delicious Teeth Day), 'コーンフレッド' (Corn Fritter), and '堺のめぐみ' (Sakai's Treasures). Includes detailed food lists, energy values, and illustrations.

Nutritional information table with columns for Nutrient (栄養価), 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).

※栄養価は「日本食品標準成分表2020年版(八訂)」に基づき算出しています。