

Table for the first week (Nov 1-5). Includes menu items like '旬の食べもの' and '11月8日は「いい歯の日」', and a list of ingredients with their quantities.

Table for the second week (Nov 6-10). Includes menu items like 'ごはん・牛乳 焼きそば' and 'ミニパン・牛乳 揚げパン', and a list of ingredients with their quantities.

Table for the third week (Nov 13-17). Includes menu items like 'ごはん・牛乳 はりはりうどん' and 'コッパン・牛乳 白菜と青梗菜のクリーム煮', and a list of ingredients with their quantities.

Table for the fourth week (Nov 20-24). Includes menu items like 'ごはん・牛乳 他人丼' and 'ごはん・牛乳 ビーンズシチュー', and a list of ingredients with their quantities.

Table for the fifth week (Nov 27-30). Includes menu items like 'ごはん・牛乳 豚汁' and 'ごはん・牛乳 肉じゃが', and a list of ingredients with their quantities.

Summary table showing nutritional values: 栄養価, エネルギー (kcal), たんぱく質 (g), 脂質エネルギー比 (%), カシウム (mg), マグネシウム (mg), 鉄 (mg), 亜鉛 (mg), ビタミンA (μgRAE), ビタミンB1 (mg), ビタミンB2 (mg), ビタミンC (mg), 食塩相当量 (g), 食物繊維 (g).

※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