

Main menu table with columns for days of the week (月, 火, 水, 木, 金) and rows for dates (e.g., 1, 2, 3, 4, 7, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 28, 29, 30, 31). Each cell contains menu items, ingredients, and energy/nutrient values.

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). It includes 10-month averages and comparison to national standards.