

Table for the first week (Nov 1-8). Includes menu items like 'えいよう三色', 'あのお土地 この土地 ご当地グルメ!', and '11月 鹿児島県 ガネ'. Lists ingredients and nutritional values for each day.

Table for the second week (Nov 9-15). Includes menu items like '振替休日', 'おわんでごはんの日!', and 'お隣のめぐみ'. Lists ingredients and nutritional values for each day.

Table for the third week (Nov 16-22). Includes menu items like 'おいしいよ ぶう~', 'お隣のめぐみ', and '19日は食育の日'. Lists ingredients and nutritional values for each day.

Table for the fourth week (Nov 23-29). Includes menu items like 'おいしいよ ぶう~', 'お隣のめぐみ', and '19日は食育の日'. Lists ingredients and nutritional values for each day.

Table for the fifth week (Nov 30 - Dec 6). Includes menu items like 'おいしいよ ぶう~', 'お隣のめぐみ', and '19日は食育の日'. Lists ingredients and nutritional values for each day.

Nutritional summary table with columns for Energy (kcal), Protein (g), Fat (g), Calcium (mg), Magnesium (mg), Iron (mg), Lead (mg), Vitamin A, B1, B2, C, Sodium equivalent, and Fiber (g).