



Main table with columns for date, dish name, red foods, yellow foods, and green foods. Includes special days like '敬老の日' and '秋分の日'.

Nutritional information table with columns for month, energy, protein, fat, calcium, magnesium, iron, vitamins A, B1, B2, C, and fiber.

秋の風物詩 お月見. Information about the Mid-Autumn Festival (Moon Viewing) including traditions and local products.

家庭配布用献立表の記載について. Information regarding the distribution of the menu and the use of local produce from the 7th month.