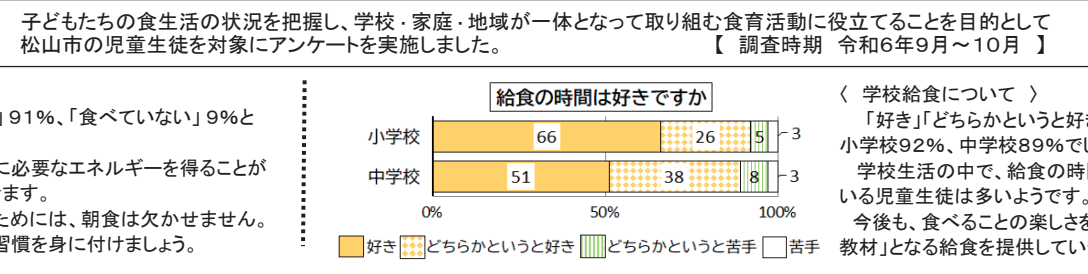
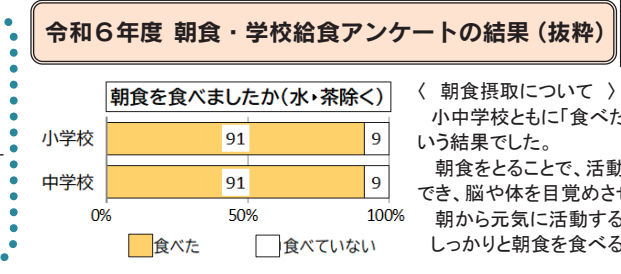


Main menu table with columns for days of the week (月曜日 to 金曜日) and specific dates (8日 to 31日). Each entry includes a meal name, ingredients, and nutritional information.

成人の日 (Adult's Day) section featuring a recipe for a wheat flour bun (小麦粉を使用したパン) and a photo of the finished product.

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits) section with illustrations of various ingredients like crab, carrots, and tomatoes.



松山市教育委員会 松山市学校栄養士協議会 (Matsuyama City Board of Education, Matsuyama City School Nutritionists Association). Includes a QR code for more information.

豚肉・鶏肉(愛媛) さば(日本) いわし(鹿児島) たい(愛媛) ホキ(ニュージーランド) ... (List of ingredients and their origins for the menu items.)