



Main menu table with columns for days of the week (月曜日 to 金曜日) and rows for dates (1日 to 25日). Each row includes a meal illustration, a list of ingredients, and a table with energy and protein values.

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits). Includes illustrations and names of seasonal items like salmon, squid, green onions, and citrus.

滋賀県の味めぐり (Taste of Shiga Prefecture). Text describing the 'umameguri' (umami) theme, mentioning 'uchidomame' (dried soybeans) and 'akabana kabu' (red radish).

松山市学校給食の 今月の主な食品の予定産地 (Main food production areas for this month in Matsuyama City School Lunch). Lists various food items and their corresponding production regions.

※ (小)は小学校のみ、(中)は中学校のみ使用する食品を記載しています。 (Small) is for elementary school only, (middle) is for middle school only. Includes a color key for food groups and a note about allergen information.