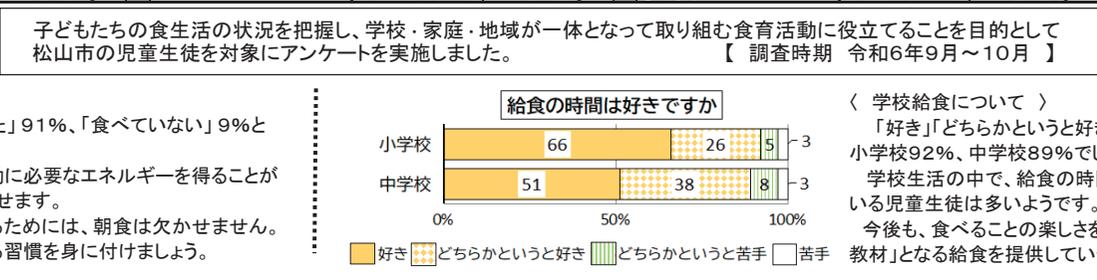
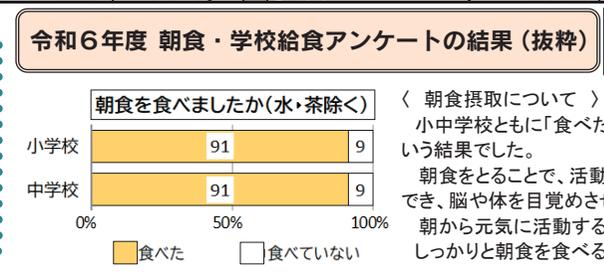


Main menu table with columns for days of the week (月曜日 to 金曜日) and specific dates (8日 to 31日). Each entry includes a meal name, ingredients, and nutritional information (エネルギー, たんぱく質).

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits). Includes illustrations of crab, leafy greens, cauliflower, broccoli, and citrus fruits.



松山市教育委員会 松山市学校栄養士協議会 (Matsuyama City Education Commission / Matsuyama City School Nutritionists Association).

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).

※ (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) for middle school only. Includes a QR code and website URL: http://www.city.matsuyama.ehime.jp/kurashi/kosodate/kyuusyoku/gakkoukyuusyoku.html