

Table for Monday (月曜日) and Tuesday (火曜日). Monday menu: 7月7日は七夕 (Tanabata). Tuesday menu: 1日 (Day 1). Includes food illustrations and nutritional information.

Table for Wednesday (水曜日) and Thursday (木曜日). Wednesday menu: 8日 (Day 8). Thursday menu: 2日 (Day 2). Includes food illustrations and nutritional information.

Table for Friday (金曜日) and Saturday (土曜日). Friday menu: 3日 (Day 3). Saturday menu: 9日 (Day 9). Includes food illustrations and nutritional information.

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits) section. Includes illustrations of various items like salmon, corn, and watermelon. Also features a '味めぐり【沖縄県】' (Taste of Okinawa) section with text about local cuisine and photos of dishes like 'ジュシー' and 'もずく汁'.

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 products and their origin prefectures.

※ (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) only for elementary school, (middle) only for middle school. Includes a QR code and website information for school lunch.