

Main menu table with columns for days of the week (月曜日 to 金曜日) and rows for dates (1日 to 17日). Each cell contains a meal name, ingredients, and a small table with energy and protein values.

旬の魚・野菜・果物 (Seasonal Fish, Vegetables, and Fruits). Includes illustrations of various items like たらちお, うなぎ, とうもろこし, おくら, ゴーヤ, トマト, ピーマン, なす, えだまめ, きゅうり, かぼちゃ, すいか.

味めぐり【沖縄県】 (Taste Journey [Okinawa]). Text describing Okinawa's climate and food, mentioning 'ジュージー' (Juicy) and 'もずく汁' (Mozuku soup). Includes photos of the dishes.

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's school lunch in Matsuyama City). Lists various products and their origins, such as 豚肉 (Pork) from Okinawa and じゃがいも (Potatoes) from various regions.

Notes and QR code. Includes a QR code for the school lunch homepage and a note about the QR code being provided by the City of Matsuyama.