

Main table with columns for Date (日付), Dish Name (きょうしやく), Ingredients (おやつ), Energy/Calories (エネルギー (kcal)), and Recipe Details (たべものしるい...), including seasonal recipes and nutritional information.

今月のレシピ紹介 (This month's recipe introduction) featuring a recipe for 'お赤飯' (Red Rice) with an image of the dish.

17日はピクニックです★ (It's picnic on the 17th) with details about the picnic activities and menu.

24日お誕生日会のレシピ (Recipe for the 24th birthday party) including '旬野菜のポークカレー' and 'アスパラと春キャベツのチーズサラダ'.

★ななかよし給食について★ (About Nananakoshi School Lunch) explaining the lunch program and menu.

★保育園で使っている調味料の紹介 (Introduction of seasonings used in the nursery) listing various seasonings and their uses.

★お誕生会★ (Birthday Party) details about the party, including menu items and activities.

ご入園・進級おめでとうございませう (Happy to see you enter/advance) with a message from the staff.

献立表について (About the menu) explaining the menu structure and providing a circular diagram of food groups.

「食育」＝食事の自己管理能力を養う教育 (Food Education = Education to cultivate self-management ability in eating) with detailed explanation.

～食材のお話 (Today is ●● day)～ (Ingredient stories) providing information about the ingredients used in the menu.

★お誕生日会での試食★ (Tasting at the birthday party) details about the tasting event and menu.

季節について...二十四節気 (About the seasons... 24 solar terms) explaining the seasonal changes and their significance.

