



Main table with columns for Date, Dish Name, Main Ingredients, and Nutritional Values. It lists daily menus from September 1st to 29th, including items like Curry Rice, Ramen, and various soups, along with their corresponding nutrient content.

お月見 (Moon Viewing) section. Includes text about the tradition of eating dango on the 15th of the 8th month and an illustration of a person looking at the moon.

お月見だんご (Moon Viewing Dango) section. Includes text about eating dango and an illustration of a dango stand.

敬老の日 (Respect for the Aged Day) section. Includes text about the day and an illustration of an elderly couple and children.

Q. ありの実と呼ばれる果物はな〜んだ? (Q. What fruit is called 'fruit of abundance'?). Includes an illustration of a bee and a question mark.

\* 毎日、牛乳200ccが1本つきます。 \* 都合により献立を変更する場合があります。