

Table with columns for dates 17, 18, 19, 20, 21 and rows for menu items and ingredients. Includes illustrations of a girl and a bowl.

Table with columns for dates 24, 25, 26, 27, 28 and rows for menu items and ingredients. Includes illustrations of a fish and a bowl.

31日 ご飯 すき焼き ひじきサラダ. Includes a large illustration of a girl and text about food waste reduction: '食品ロスをなくそう!', '食品ロスの原因はなんだろう?', '食品ロスを減らすためにわたしたちができること'.