

Table with columns for dates 13日, 14日, 15日, 16日, 17日. Each column lists menu items like ビーフカレー, ポトフ, けんちん汁, りんごの はさみ揚げ, コーンスープ, きりぼしだいこんのサラダ, 豚汁, つくね and their respective quantities.

Table for date 20日 with menu items like ハヤシチュー, ジャーマンポテト and their quantities.

和食文化を伝えよう (Washoku Culture). Text explaining the importance of Washoku as a UNESCO Intangible Cultural Heritage. Includes 4 reasons for why Washoku is delicious: 1. Rich ingredients, 2. Nutritional balance, 3. Natural beauty and seasons, 4. Festivals. Includes illustrations of food and a table icon.

バランスよく食べて、適正体重を維持しよう (Eat with balance, maintain a healthy weight). Text explaining the importance of balanced eating. Includes a circular diagram of food groups (Energy, Body-building, Body-adjusting) and a section on 'Sugar, Fat, Salt' with a cartoon illustration of a person with a large belly. Includes a '給食の栄養' (Nutrition of School Lunch) section.