

Table for dates 16, 17, 18, 19, 20. Columns include date, main dish (e.g., ご飯, プルコギ), and ingredients with quantities. Includes illustrations of an onion and a corn cob.

Table for dates 23, 24, 25, 26, 27. Columns include date, main dish (e.g., ビーフカレー, 中華スープ), and ingredients with quantities. Includes illustrations of a carrot and a fish.

Section for 30 and 31. Includes menu items like ベジタスープ and 五目炒め. A large section titled '食物アレルギーについて' (About Food Allergies) provides information on allergen management, including a table for '加工食品配合表の配布' (Distribution of Processed Food Ingredient Tables).