

Table for days 1-4 (Monday to Thursday). Includes menu items like 牛乳, ごはん, and 八宝菜, along with nutritional values and illustrations of food items.

Table for days 7-11 (Monday to Friday). Includes menu items like セルフチキンライス, アシドミルク, and さんまのみぞれあんかけ, along with nutritional values and illustrations.

Table for days 14-18 (Monday to Friday). Includes menu items like 照り焼きハンバーグ, コーヒー牛乳, and コッペパン, along with nutritional values and illustrations.

Table for days 21-25 (Monday to Friday). Includes menu items like タッカルビ, カレーライス, and 野菜サラダ, along with nutritional values and illustrations.

Table for days 28-30 (Monday to Wednesday). Includes menu items like 中華丼, 肉団子のカレーあんかけ, and チキンのトマトソース, along with nutritional values and illustrations.

6月4日～10日は 歯と口の健康週間です。 食べ方チェック! 歯と口の健康週間です。 Includes text about dental health and a checklist for eating habits.