

※ どの料理に何の食材が使われているかわかるよう、番号を付けています。 ※ ①=業者回収 ②=センター回収

Main table containing daily menu items (献立名), energy values (エネルギー), and ingredients (材料) for days 1 through 15. Each day's entry includes a list of dishes, their energy values for middle and elementary schools, and the specific ingredients used.

献立名

Energy values table with columns for 'エネルギー' (Energy), 'たんぱく質' (Protein), and rows for '中学校' (Middle School) and '小学校' (Elementary School) for each day.

Ingredients table with columns for '材料' (Ingredients) and rows for 'おむねに作る' (Main ingredients), 'おむねに作る' (Main ingredients), and 'おむねに作る' (Main ingredients) for each day.

一口メモ

Textual notes for each day, such as 'みなさんの家では「だし」をとって料理を作っていますか？' (Do you make dishes with dashi at home?) and '明日は6月4日で「虫歯予防デー」' (Tomorrow is June 4th, 'Cavity Prevention Day').

Continuation of the menu table for days 8 through 15, including '8 (水)', '9 (木)', '10 (金)', '13 (月)', '14 (火)', and '15 (水)', with corresponding dishes, energy values, and ingredients.

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献立名 table with columns for days 16 (木), 17 (金), 20 (月), 21 (火), 22 (水) and corresponding food items with illustrations.

Energy table with columns for days 16, 17, 20, 21, 22 and rows for 中学校 and 小学校 with energy values.

Group 1 table with columns for days 16, 17, 20, 21, 22 and rows for 豚肉, みそ, 牛乳.

Group 2 table with columns for days 16, 17, 20, 21, 22 and rows for 牛乳, 小麦粉, 卵.

Group 3 table with columns for days 16, 17, 20, 21, 22 and rows for 緑黄色野菜, にんじん, パセリ.

Group 4 table with columns for days 16, 17, 20, 21, 22 and rows for 野菜, たまねぎ, コーン.

Group 5 table with columns for days 16, 17, 20, 21, 22 and rows for 米, 小麦粉, さとう.

Group 6 table with columns for days 16, 17, 20, 21, 22 and rows for 油, サラダ油, ごま.

一口メモ section with text explaining the benefits of seaweed (海苔) and its use in the menu.

Table for days 23 (木), 24 (金), 27 (月), 28 (火), 29 (水), 30 (木) with food items and illustrations.

Table for days 23, 24, 27, 28, 29, 30 with food items and illustrations.

Energy table for days 23, 24, 27, 28, 29, 30 with 中学校 and 小学校 values.

Group 1 table for days 23, 24, 27, 28, 29, 30 with 豚肉, 牛乳.

Group 2 table for days 23, 24, 27, 28, 29, 30 with 牛乳, 小麦粉.

Group 3 table for days 23, 24, 27, 28, 29, 30 with 野菜, にんじん.

Group 4 table for days 23, 24, 27, 28, 29, 30 with 野菜, たまねぎ.

Group 5 table for days 23, 24, 27, 28, 29, 30 with 米, 小麦粉.

Group 6 table for days 23, 24, 27, 28, 29, 30 with 油, サラダ油.

Bottom section with text about '節の白' (White of the Festival) and '指宿産鰯肉の白' (White of the local mackerel), including health benefits and menu details.