

Table with 5 columns: 日/曜, 献立名, 材名, おやつ, 栄養価. Rows include items like 焼肉丼, 親子丼, 白パン, etc.

Table with 5 columns: 日/曜, 献立名, 材名, おやつ, 栄養価. Rows include items like えびのあんかけチャーハン, ふりかけご飯, 麻婆丼, etc.

今月の地場産物：たまご・さつまいも・ほうれん草・人参・ごぼう・里芋・大根

Family happiness message box with title '家族の幸せを願う鏡開き' and text about New Year's traditions.

Warm soup message box with title '温かい汁もので野菜を食べよう' and text about eating vegetables in soup.

