

Main table containing 27 columns of menu items, ingredients, and nutritional values. Includes seasonal vegetable information for 'なす' (eggplant) and 'えいよう三色' (vitamin-rich vegetables).

Nutritional summary table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Lead, Vitamin A, B1, B2, C, Salt, and Fiber.