

Main table containing 10 columns of menu items (e.g., こんだて, 栄養価, 内容) and detailed ingredient lists for each day. Includes seasonal vegetable focus on carrots and various side dishes.

Summary table with columns for 栄養価 (Energy, Calcium, Magnesium, Iron, Lead, Vitamins A, B1, B2, C, Sodium, Fiber) and rows for 10月平均 and 文部科学省基準.