

Main menu table with columns for month (Nov), days of the week (火, 水, 木, 金), and meal details including ingredients, energy values, and seasonal vegetable information.

Nutritional information table with columns for energy (kcal), protein (g), fat (%), calcium (mg), magnesium (mg), iron (mg), lead (mg), vitamins A, B1, B2, C, sodium equivalent, and fiber.