

Main table containing 10 columns of menu items (Monday to Sunday) and 10 rows of nutritional data. Each menu item includes a list of ingredients and their quantities. The table is organized into sections for each day of the week, with detailed ingredient lists and nutritional values provided for each meal.

Summary table with columns for '栄養価' (Nutritional Value), 'エネルギー' (Energy), 'たんぱく質' (Protein), '脂質' (Fat), 'カルシウム' (Calcium), 'マグネシウム' (Magnesium), '鉄' (Iron), '亜鉛' (Zinc), 'ビタミンA' (Vitamin A), 'ビタミンB1' (Vitamin B1), 'ビタミンB2' (Vitamin B2), 'ビタミンC' (Vitamin C), '食塩相当量' (Salt Equivalent), and '食物繊維' (Dietary Fiber). It provides average values for October and compares them to the Ministry of Education, Culture, Sports, Science and Technology standards.

※栄養価は「日本食品標準成分表2020年版(8訂)」に基づき算出しています