

Table with 5 columns (Date, Meal, Ingredients, Energy, Protein) for days 2, 3, 4, 5, 6. Includes a note about '堺のめぐみコロッケ' on Dec 4th.

Table with 5 columns (Date, Meal, Ingredients, Energy, Protein) for days 9, 10, 11 (万博献立), 12, 13. Includes a note about the 2025 Expo 2025.

Table with 5 columns (Date, Meal, Ingredients, Energy, Protein) for days 16, 17, 18, 19, 20. Includes seasonal notes for winter.

Table with 5 columns (Date, Meal, Ingredients, Energy, Protein) for day 23.

Advertisement for the 2025 Expo 2025, featuring the Giresse mascot and information about the international food festival.

Advertisement for '堺のめぐみ' (Sakai no Megumi) local products, listing various items and their availability dates.

Winter health tips section titled '冬至(今年は12月21日)' and '冬休みも元気にすごしましょう!', including advice on diet and exercise.

Table with 12 columns showing nutritional values (Energy, Protein, Fat, Calcium, Magnesium, Iron, Lead, Vitamin A, B1, B2, C, Salt, Fiber) for 12-month averages and national standards.

※栄養価は「日本食品標準成分表2020年版(八訂)」に基づき算出しています