

Table for January 1st. Includes main course (主食), side dishes (副食), and a special section for 'Sevens' (七草がゆ) with a list of ingredients and a photo of the dish.

Table for January 10th (New Year's). Features 'お正月' (New Year) with a list of ingredients for '正月献立' and 'ごはん・牛乳' (Rice and Milk). Includes a photo of a rice cake.

Table for January 14th and 15th. Includes '堺のめぐみ' (Sakai's Treasures) and '節分' (Setsubun). Lists ingredients for 'ミニパン・牛乳' and 'ごはん・牛乳'.

Table for January 20th, 21st, 22nd, 23rd, and 24th. Includes '節分' (Setsubun) and '万博献立' (Expo 2025). Lists ingredients for 'ごはん・牛乳' and '黒糖パン・牛乳'.

Table for January 27th, 28th, 29th, 30th, and 31st. Includes '節分献立' (Setsubun Special) and 'ごはん・牛乳' (Rice and Milk). Lists ingredients for 'ごはん・牛乳' and '黒糖パン・牛乳'.

Nutritional information table showing energy, calcium, iron, and other nutrients for the month. Columns include '栄養価', 'エネルギー', 'たんぱく質', '脂質', 'カルシウム', 'マグネシウム', '鉄', '亜鉛', 'ビタミンA', 'ビタミンB1', 'ビタミンB2', 'ビタミンC', '食塩相当量', and '食物繊維'.

※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