



Table with 4 columns: 献立名, 材料名, 栄養六群, アレルゲン. Rows include dishes like 麦入りごはん, 牛乳, ビーフカレー, キャベツとツナのサラダ, 福神漬.

Section titled '大和まな' (Wakayama Mana) featuring a photo of a vegetable. Text describes its origin in Wakayama and its use in school lunches on the 9th and 20th.

Table with 4 columns: 献立名, 材料名, 栄養六群, アレルゲン. Rows include 食パン, あじナゲット, ミートポテト, オニオンスープ, スライスチーズ.

Table with 4 columns: 献立名, 材料名, 栄養六群, アレルゲン. Rows include かつおの甘辛あんかけ, キャベツの塩昆布和え, かきたま汁, はちみつ大豆.



Table for 11/18 (Water) menu. Includes items like ごはん, 牛乳, 鮭のちゃんちゃん焼き, and じゃがいも. Lists ingredients, allergens, and energy/nutrient values.

食育の日・わ食の日 ちゃんちゃん焼き. Includes a photo of the dish and text explaining its origin and preparation.

Table for 11/19 (Wood) menu. Includes items like 米粉パン, 牛乳, 大和野菜の和風メンチカツ, and 野菜スープ. Lists ingredients, allergens, and energy/nutrient values.

Table for 11/20 (Gold) menu. Includes items like ごはん, 牛乳, だし巻き卵, 大和まなちりめん, and 柿. Lists ingredients, allergens, and energy/nutrient values.

Table for 11/24 (Fire) menu. Includes items like アップルパン, 牛乳, 揚げぎょうざ, and 春雨スープ. Lists ingredients, allergens, and energy/nutrient values.

Table for 11/25 (Water) menu. Includes items like ごはん, 牛乳, さんまのしょうが煮, and けんちん汁. Lists ingredients, allergens, and energy/nutrient values.

Table for 11/26 (Wood) menu. Includes items like コッパパン, 牛乳, いわしのトマト煮, and さつまいものシチュー. Lists ingredients, allergens, and energy/nutrient values.

Table for 11/27 (Gold) menu. Includes items like ごはん, 牛乳, 肉団子, and もずくスープ. Lists ingredients, allergens, and energy/nutrient values.

勤労感謝の日. Includes a message of gratitude for labor, a photo of children, and the phrases 'いただきます' and 'ごちそうさま'.

Table for 11/30 (Month) menu. Includes items like ごはん, 牛乳, 鶏肉のレモンソース揚げ, and ごま汁. Lists ingredients, allergens, and energy/nutrient values.

【食品に関するアレルギーについて】 and 【アレルギー表示対象品目】. Includes detailed allergen information, a table of allergen-free ingredients, and a table of average monthly nutrient intake.