



Main table containing 14 columns of menu items, ingredients, allergen information, and energy/protein content. Includes a central '食育の日・わ食の日' section with a map of Nagasaki Prefecture and a 'くunchi料理' (Nagasaki Kunchi Cuisine) feature.

食育の日・わ食の日
くunchi料理
毎年10月7~9日に、長崎県の諏訪大社で「長崎くunchi」が開催されます。...



Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 19th (Water), 20th (Wood), and 21st (Metal).

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 24th (Month) and 25th (Fire).

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 25th (Fire), 26th (Earth), 27th (Wood), and 28th (Metal).

大豆と大豆製品 (Soy and Soy Products) section with text, images of soy products, and icons for allergens.

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 26th (Water) and 27th (Wood).

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 27th (Wood), 28th (Metal), and 29th (Earth).

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 28th (Metal) and 29th (Earth).

Table with 12 columns: Date, Dish Name, Ingredient, Allergen, Energy, Protein. Rows for 31st (Month) and 1st (Month).

Informational section including allergen lists, allergen marking instructions, and a table of average monthly nutrition (Energy, Protein, Fat, etc.).