

Table with columns for date (ひにち), meal name (ようび), ingredients (こんだてめい), and nutritional information (栄養価). It lists daily menus from July 1st to August 30th, including items like 'ごはん', 'ツイストパン', 'カレーうどん', and 'ビビンバ'. Nutritional values include energy (エネルギー), protein (たん白質), fat (脂質), and salt (食塩相当量).