

Table with columns for dates (11日(水) to 24日(火)) and rows for 'こんだて' (meal plan) and 'おかずの内容' (ingredient list). Includes items like パン, ごはん, 味噌, 野菜, etc.

Table with columns for dates (25日(水) to 31日(火)) and rows for 'こんだて' and 'おかずの内容'. Includes items like パン, ごはん, 肉, 野菜, etc.

Table showing nutritional information for middle school students (中学生1食あたり平均栄養量). Includes Energy (639kcal), Protein (26.1g), Calcium (340mg), Iron (2.7mg), Vitamins A, B1, B2, C, and Fat energy ratio (28%).

全国学校給食週間 (National School Lunch Week) 1月24日~1月30日. Text explaining the purpose and activities, including a list of ingredients used in the meals.

アドウィンド展示のお知らせ (Adwindo Exhibition Notice). 12月28日(水)~1月31日(火). Information about the exhibition and a map showing the location at the 3rd floor of the City Office 2nd underground passage.