



Main table for the first half of the month (days 1-16), detailing daily menus for breakfast, lunch, and dinner, including ingredients like rice, fish, and vegetables.

Main table for the second half of the month (days 17-30), continuing the daily menu details for breakfast, lunch, and dinner.

Informational section titled '子どもが扱いやすい食器を選ぼう' (Choose dishes that are easy for children to handle). It includes illustrations of children and various dishes, and provides guidelines for selecting appropriate tableware and food items for young children.

↓西宮市HP↓

