



Main menu table with columns for date, meal name, ingredients, and nutritional values (Energy, Protein, Fat, Salt).

Second menu table with columns for date, meal name, ingredients, and nutritional values (Energy, Protein, Fat, Salt).

Summary table showing standard values (基準値) and monthly averages (月の平均値) for energy, protein, fat, and salt.

- Materials with star symbols (★) are allergen-containing ingredients.
Changes may be made due to facility conditions.
Please submit requests for changes at least 1 week in advance.
Please submit requests for long-term absence (5 days or more) at least 4 days before the start date.



Infographic titled 'How to build a body that can't be defeated' (負けられない体の作り方) with tips on eating, sleeping, handwashing, and exercise.

脳を働かせるために重要な食事とは？ (What is important for food to make the brain work?)

Our brains use energy, and glucose is important. Eating a balanced diet with carbohydrates is key for brain function.

