

Main menu table with columns for days 1 through 14, and rows for breakfast (朝食), lunch (昼食), and dinner (夕食). Each cell contains a meal name and its energy value.

Menu for August 15th (15日), including breakfast, lunch, and dinner options with energy values.

旬の食材 (Seasonal Ingredients) section featuring images and names of various vegetables and fruits like eggplant, cucumber, paprika, goya, okra, melon, and others.

Informational text block containing a note about the light work class menu, a photo of a meal, a character illustration, and a product image of a calcium supplement.

