

Table with 5 columns: 月 (Month), 火 (Tuesday), 水 (Wednesday), 木 (Thursday), 金 (Friday). Each column contains a menu for a specific day (e.g., コッペパン, ごはん, しょうパン) with ingredients and energy values.

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給食食材の産地について (About the origin of school food ingredients). Includes text about the origin of ingredients and contact information for the school nutrition office.

Table for 18th day menu (コッペパン) with ingredients like ナポリタン and カレーソテー.

Table for 19th day menu (ごはん) with ingredients like だんごじる and じゃこピーマン.

Table titled '中学生(3・4年生)の一人一食あたりの平均栄養価' (Average nutrition per person per meal for middle school students). Shows nutrient intake and percentage of RDI.

\*牛乳は毎食つきます (Milk is served every meal). \*諸事情により使用食材の数量を変更することがあります (Quantity of ingredients may change due to circumstances). \*揚げ油は、菜種油を複数回使用します (Frying oil is rapeseed oil used multiple times).

今月の炊き込みごはん (This month's炊き込みごはん). 「くろまいごはん」(11日) (Kuromai Gohan, July 11th). Ingredients: こめ 75g, くろまい 2.1g.

今月使用する旬の野菜 (Seasonal vegetables used this month). かぼちゃ・なす・パプリカを 使用する予定です (Pumpkin, eggplant, and paprika will be used).

第4回 学校給食コンテスト入賞作 (第4回枚方市学校給食コンテストを実施しました) (4th School Lunch Contest Winning Dish (4th枚方市 School Lunch Contest was held)). Includes details about the contest and a QR code.

会計年度任用職員(学校給食臨時調理員)登録募集中 (Recruitment for accounting year appointed staff (school lunch temporary staff)). 場所: さだ西学校給食共同調理場及び親子調理場 (Location: Sada Nishi School Lunch Common Kitchen and Parent-Child Kitchen). お問い合わせ: おいしい給食課 ☎050-7105-8032 (Contact: Delicious Lunch Office ☎050-7105-8032).

枚方市学校給食会 令和5年度 定期総会が開催されました (Mihari City School Lunch Association 2023 Annual Meeting was held). Includes details about the meeting and a QR code.