



献立表

(献立は、都合により変更する場合があります)

Main table with columns for date, menu name, ingredients, and allergen information. It lists daily meals from Monday to Friday, including items like rice, meat, vegetables, and dairy products.

食事のマナーとは、いっしょに食事をする人同士が、お互いに気持ちよく食事をする事ができるための「心遣い」です。また、食事を口にするまでに携わってくれた人に対する「感謝のふるまい」でもあります。

Illustrated section explaining the meaning of 'いただきます' (I thank you) and 'ごちそうさま' (Thank you for the meal). It includes drawings of children eating and text explaining the gratitude involved in food.

Illustrated section titled '★食事の際に注意すること' (Things to be careful of during meals). It lists safety rules like 'Don't eat while walking', 'Don't eat in a car', and 'Don't eat alone', accompanied by drawings of children following these rules.