



昼食弁当

配食サービスにじの会献立表

連絡やお問い合わせは 06-6727-3082

7月分

Table of lunch menu items for July, organized by date from 7/1 to 7/30. Each entry includes the dish name and its nutritional value (kcal and salt).



夕食弁当

配食サービスにじの会献立表

連絡やお問い合わせは 06-6727-3082

7月分

Table of dinner menu items for July, organized by date from 7/1 to 7/30. Each entry includes the dish name and its nutritional value (kcal and salt).

※都合により献立が変わる場合があります。ご容赦ください。 ※熱量、塩分は目安となっております。

Informational graphic about food safety and nutrition, including tips on handling tomatoes and cucumbers.

Informational graphic titled '水分補給はこまめにしよう!' (Let's hydrate frequently!) with tips on staying hydrated.

Informational graphic titled '熱中症に注意' (Attention to heatstroke) with a list of symptoms and prevention tips.