



Main menu table with columns for dates (曜日, 日), months (月), and days (日). It lists meals (食食), ingredients (主要食材), and nutritional information (エネルギー, たんぱく質) for each day from October 1st to 19th. The table is organized into two main sections: October 1-12 and October 13-19.

秋の味覚を楽しみましょう (Enjoy the taste of autumn). A decorative box with autumn-themed illustrations (leaves, pumpkins, mushrooms) containing text about seasonal foods like rice, sweet potatoes, and pumpkins, and encouraging children to enjoy the taste of autumn.

旬の食材 ▶かぼちゃ (Seasonal ingredients ▶pumpkin). A box with a pumpkin illustration and text explaining the benefits of pumpkins, such as their high beta-carotene and vitamin A content, and their use in various dishes. It also includes a note about the pumpkin's season (October 7th to 8th).

ハロウィンって何? (What is Halloween?). A decorative box with Halloween-themed illustrations (ghosts, pumpkins, bats) and text explaining the origins of Halloween, mentioning its roots in the Celtic festival of Samhain and the Christian observance of All Saints' Day.

午前おやつは、お菓子類を提供しています。

- マヨネーズは卵不使用のものを使用しております。
●ホットケーキミックス・カレールフとシチュールフは卵・乳製品不使用のものを使用しております。
●味噌汁は厚布だしと味噌、スープ・すまし汁は厚布だしと醤油を使用しています。
●りんごは、産後完了前までは加熱したものを提供しています。
※尚、天候等の都合により食材料に変更が生じる場合がございます。ご了承下さい。