



Main menu table for June 3rd to 17th. Columns include date, meal name, ingredients, and nutritional information. Includes special notices for 'America Cuisine' and 'Maehoroban no Hi'.

Main menu table for June 18th to 28th. Columns include date, meal name, ingredients, and nutritional information. Includes special notices for 'Onigiri no Hi', 'Korean Cuisine', and 'Nara's Character'.

Informational text and graphics on the right side, including 'Nara's Character' (奈良の観光PRキャラクター) and 'Nara's Food' (奈良の食文化) with a deer illustration.

あ:あかいろのたべもの...からだをつくるものになるもの き:きいろのたべもの...ねつやちからになるもの み:みどりいろのたべもの...からだのちようしをどとのえるもの