

Table for October 2nd (Monday) featuring 'Shokupan' (2) and 'Gohan' (3). Includes ingredients like 'Shokupan', 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

今月の炊き込みごはん (This month's炊き込みごはん). Lists recipes for 'かやくごはん' (4 days), 'げんまいごはん' (6 days), 'すしごはん' (11 days), and 'わかめごはん' (19 days) with ingredients and quantities.

Table for October 10th (Monday) featuring 'Reazenpan' (10) and 'Sushigohan' (11). Includes ingredients like 'Reazenpan', 'Sushigohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 11th (Tuesday) featuring 'Sushigohan' (11) and 'Gohan' (12). Includes ingredients like 'Sushigohan', 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 12th (Wednesday) featuring 'Gohan' (12) and 'Gohan' (13). Includes ingredients like 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 13th (Thursday) featuring 'Coppapan' (13) and 'Coppapan' (14). Includes ingredients like 'Coppapan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 16th (Sunday) featuring 'Gohan' (16) and 'Gohan' (17). Includes ingredients like 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 17th (Monday) featuring 'Coppapan' (17) and 'Gohan' (18). Includes ingredients like 'Coppapan', 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 18th (Tuesday) featuring 'Gohan' (18) and 'Gohan' (19). Includes ingredients like 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 19th (Wednesday) featuring 'Wakamegohan' (19) and 'Olivepan' (20). Includes ingredients like 'Wakamegohan', 'Olivepan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 20th (Thursday) featuring 'Olivepan' (20) and 'Olivepan' (21). Includes ingredients like 'Olivepan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 23rd (Sunday) featuring 'Gohan' (23) and 'Gohan' (24). Includes ingredients like 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 24th (Monday) featuring 'Coppapan' (24) and 'Gohan' (25). Includes ingredients like 'Coppapan', 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 25th (Tuesday) featuring 'Gohan' (25) and 'Gohan' (26). Includes ingredients like 'Gohan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 26th (Wednesday) featuring 'Gohan' (26) and 'Coppapan' (27). Includes ingredients like 'Gohan', 'Coppapan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 27th (Thursday) featuring 'Coppapan' (27) and 'Coppapan' (28). Includes ingredients like 'Coppapan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 30th (Sunday) featuring 'Gohan' (30) and 'Coppapan' (31). Includes ingredients like 'Gohan', 'Coppapan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Table for October 31st (Monday) featuring 'Coppapan' (31) and 'Coppapan' (32). Includes ingredients like 'Coppapan', 'Onion', and 'Mushrooms' with their respective energy and protein values.

Information section for the 4th School Lunch Contest. Includes the title '第4回 学校給食コンテスト入賞作 (チキンハンバーグカラフル豆ソース)', the date '令和4年8月末', and details about the contest and the winning dish. It also includes a table of average nutrition for middle school students and a list of vegetables used in the contest.

Information section about milk recycling. It states 'みなさんが飲み終わった牛乳パックのその後...' and '令和4年度から、枚方市は給食の牛乳パックをリサイクルを行っています。' It includes a recycling symbol and the text '次回へ続く♪'.