

献立表

Table with columns: 日/曜, 献立名, 材料名(昼食・3時おやつ), 10時おやつ, 栄養価. Rows include meals like '未満児主食ごはん' and 'お弁当・水筒' with detailed ingredient lists and nutritional values.

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Table with columns for date, menu name, ingredients, and nutritional value. Includes rows for 01-04, 05-08, 09-12, 13-16, 17-20, 21-24, and 25-28. Each row details a meal with its components and associated nutrients like energy, protein, fat, and calcium.