

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, 3時おやつ, 栄養価. Rows include dates from 1 to 31, listing meals like '未満児主食ごはん' and 'おちや' with detailed ingredients and nutritional values.