



Table with 4 columns (火 11, 水 12, 木 13, 金 14) and 1 row. Each cell contains a menu with items and kcal, and an illustration (e.g., a character, a girl with a cat, a fish, a bowl of food).

月 17, 18, 19, 20, 21

Table with 5 columns (17, 18, 19, 20, 21) and 1 row. Each cell contains a menu with items and kcal, and an illustration (e.g., a character, a snowman, a bowl of food).

24, 25, 26, 27, 28

Table with 5 columns (24, 25, 26, 27, 28) and 1 row. Each cell contains a menu with items and kcal, and an illustration (e.g., a character, a cherry blossom, a bowl of food).

31

Table with 1 column (31) and 1 row. Contains a menu with items and kcal, and an illustration.

Table titled '<3つの食品グループと多くふくまれる栄養素>' with 4 columns: しょくひん食品グループ, えいようそ栄養素, しょくひん食品グループ, えいようそ栄養素. It lists nutrients like energy, body-building, and body-adjusting.

☆材料購入の都合により献立を変更することがあります。

