



Table with 4 columns (火, 水, 木, 金) and 1 row (1, 2, 3, 4). Each cell contains a menu item, ingredients, and kcal. Includes illustrations of a hamburger and a fried item.

月

Table with 4 columns (7, 8, 9, 10, 11) and 1 row. Each cell contains a menu item, ingredients, and kcal. Includes illustrations of a frog and a festival float.

Table with 4 columns (14, 15, 16, 17, 18) and 1 row. Each cell contains a menu item, ingredients, and kcal. Includes illustrations of a frog and cherry blossoms.

Section for 21st (春分の日) with illustration of children and flowers.

Table for 22nd with menu items and ingredients.

Table for 23rd with menu items and ingredients.

Text block with a diamond symbol and a cake illustration, providing information about the 'ベにくるりだいこん'.

< 3つの食品グループと多くふくまれる栄養素 >

Table mapping food groups (shokuhin, aishiyoso) to nutrients (energy, body building, body adjustment).

☆材料購入の都合により献立を変更することがあります。