

Main menu table with 5 columns (days 3-7) and 5 rows (days 9-28). Each cell contains a meal plan with ingredients and calories. Includes illustrations like a frog, an eggplant, and a girl holding a rainbow.

こんだてひょうのみかた

Legend for the menu symbols (triangles and circles) and their corresponding ingredients. Includes callouts for energy, portion size, and meal types.



<3つの食品グループと多くふくまれる栄養素>

Table mapping food groups to nutrients. Columns include food groups and nutrients like energy, protein, fiber, and vitamins.

☆材料購入の都合により献立を変更することがあります。