

<3つの食品グループと多くふくまれる栄養素>

Table with 4 columns: Food Group (e.g., Energy, Body Building, Body Balance), Nutrients (e.g., Carbohydrates, Lipids, Protein, Fiber, Vitamins, Minerals), and symbols (circle, triangle, square).



☆材料購入の都合により献立を変更することがあります。

Table for Day 1 (金) with 1 kcal and 622kcal. Lists menu items like 牛乳, ごはん, ちくわのカレーあけ and their ingredients.

Main menu table with 5 columns (Days 4-8, 11-15, 18-22, 25-29) and 5 rows. Each cell contains a meal name, kcal, and a list of ingredients with their quantities.