



Table for December 1st (火) and 2nd (水). Each day lists menu items like 'ごはん', 'おかず', and 'デザート' with their respective kcal values and ingredients.

7

Table for December 7th (日) and 8th (月). Includes menu items like 'ごはん', 'おかず', and 'デザート' with kcal values and ingredients.

14

Table for December 14th (日) and 15th (月). Includes menu items like 'ごはん', 'おかず', and 'デザート' with kcal values and ingredients.

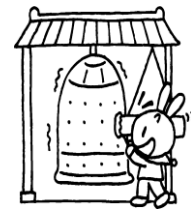
21

Table for December 21st (日) and 22nd (月). Includes menu items like 'ごはん', 'おかず', and 'デザート' with kcal values and ingredients.

23

Table for December 23rd (日) and 24th (月). Includes menu items like 'ごはん', 'おかず', and 'デザート' with kcal values and ingredients.

早ね、早起き、朝ごはんをこころがけて、元気に新年をむかえましょう！



＜3つの食品グループと多くふくまれる栄養素＞

Table showing three food groups and their associated nutrients: ① Energy, ② Body building, ③ Body balance.

※材料購入の都合により献立を変更することがあります。