

<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., 穀類, 肉魚卵豆), Nutrient (e.g., 炭水化物, 脂質), and corresponding nutrients (e.g., たんぱく質, 無機質).



☆材料購入の都合により献立を変更することがあります。

Summary table for the month of September, showing total kcal (745kcal) and a list of ingredients with their respective kcal values.

Main menu table with columns for days of the week (月, 火, 水, 木, 金) and specific dates (4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 18, 19, 20, 21, 22, 25, 26, 27, 28, 29). Each cell contains a meal name, kcal, and a list of ingredients.

