



献立

予定



Table with columns for date, menu name, 3pm snack, and ingredients (main meal and afternoon snack). Rows include items like 'ごはん みかん', 'マカロニグラタン', 'きゅうりとコーンのサラダ', etc.

Table with columns for date, menu name, 3pm snack, and ingredients (main meal and afternoon snack). Rows include items like 'ごはん りんご', 'ししゃものからあげ', '五目豆', etc.

Announcements and health tips. Includes '冬の食事と健康' (Winter Diet and Health) with advice on eating warm food and fruits. Also includes 'おススメの食べ物' (Recommended Food) list: おかゆ・うどん・食パン・白身魚・脂の少ない肉類 (ささみ、赤身)・豆腐・ヨーグルト・ポタージュース・りんご.