



献立予定表



Table with 4 columns: Day, Meal Name, 3pm Snack, and Ingredients (Breakfast & Afternoon). Rows include meals like 冬野菜ハヤシライス, 巻き寿司, ごはん マーボー豆腐, etc.

Table with 4 columns: Day, Meal Name, 3pm Snack, and Ingredients (Breakfast & Afternoon). Rows include meals like ごはん 鶏のからあげ, 中華どんぶり, ごはん さけの照り焼き, etc.