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表



Table with columns for date, day, menu name, 3pm snack, and ingredients. Includes special events like 'おたんじょう会' and 'クリスマス祝会'.

Table with columns for date, day, menu name, 3pm snack, and ingredients. Includes special events like 'クリスマスこんだて' and '冬至メニュー'.

冬の食事と健康 section with a row of fruit icons, a paragraph of text about winter nutrition, and a list of recommended foods.