

Main table containing meal plans for April 1st to 15th, 2024. It is organized by date and meal type (朝食, 昼食, おやつ, 夕食). Each entry includes a list of ingredients and their quantities, along with a detailed nutritional breakdown (エネルギー, タンパク質, 脂質, 炭水化物, 食塩) for each meal.

材料の都合により献立が変更になる場合がありますのでご了承下さい。