

* □内はお子さんの月齢により変更する食材です。

Main menu table with columns for Date, Meal Type, Food Name, Ingredients, and Nutritional Values (Energy, Protein, Fat, Calcium, Iron).

Summary table for nutritional values: Energy (kcal), Protein (g), Fat (g), Calcium (mg), Iron (mg) for completed and post periods.

行事食

防災給食

Menu for Disaster Relief Meal (12th Gold) including main dishes like chicken tomato stew and side dishes.

クッキング保育

Menu for Cooking Education (19th Gold) including soybean paste donuts and various side dishes.

夏越の祓

Menu for Summer Crossing Purification (30th Fire) including chicken hamburger and various side dishes.

