



献立予定表 (ふじ・きく・もも)



Table with columns for date, day, meal name, 3pm snack, ingredients (divided into heat/energy, blood/muscle, and body adjustment), and 10pm snack. Includes rows for 1st Feb (holiday), 2nd Feb, 3rd Feb, 4th Feb, 5th Feb, 6th Feb, 7th Feb, 8th Feb (holiday), 9th Feb, 10th Feb, 11th Feb (holiday), 12th Feb, 13th Feb, 14th Feb, 15th Feb (holiday), and 16th Feb.

Table with columns for date, day, meal name, 3pm snack, ingredients (divided into heat/energy, blood/muscle, and body adjustment), and 10pm snack. Includes rows for 17th Feb, 18th Feb, 19th Feb, 20th Feb, 21st Feb, 22nd Feb (holiday), 23rd Feb (holiday), 24th Feb, 25th Feb, 26th Feb, 27th Feb, 28th Feb, and a summary row for 1-month average nutrition (Energy: 440 kcal, Iron: 3.1 mg, Protein: 24.0 g, Fat: 18.2 g, Salt: 2.6 g, Calcium: 402 mg, Vitamin C: 32 mg, Fiber: 5.4 g).

★都合により献立を変更する場合があります。