

Main table with 15 columns for dates from 5日(月) to 22日(木). Each column lists ingredients and their quantities in grams. Includes rows for '献立名' and '材料名および数量(g)'.

Summary row for the first 15 days, showing totals for 'たんぱく質' and 'エネルギー'.

Summary row for the last 7 days, showing totals for 'たんぱく質' and 'エネルギー'.

献立名 (Menu Name) for the last 7 days, listing dishes like 豚団子, 鶏団子, etc.

材料名および数量 (g) (Ingredients and Quantities) for the last 7 days, listing items like 米, 豚ミンチ, 鶏ミンチ, etc.

おやつ (Snack) details for the last 7 days, including items like ココアホットケーキ, おかし牛乳, etc.

【1月の行事食】 (January Special Meals)

★30日(金曜日) お誕生日会 (★30th (Friday) Birthday Party)

【手作りおやつの材料】 (Homemade Snack Ingredients)

- List of ingredients for the birthday party and homemade snacks, including items like おつゆ, バター, 三温糖, etc.

