

Main table with 14 columns for dates (5日 to 22日) and 14 rows for ingredients and quantities. Includes items like chicken, rice, vegetables, and fruits.

Summary row for the first 14 days, including total energy (kcal) and protein (g) for each day.

Main table with 14 columns for dates (23日 to 31日) and 14 rows for ingredients and quantities. Includes items like rolls, pasta, and various meats.

Announcements and notices. Includes '【1がつのぎょうじしよく】' (New Year's Eve Dinner), '【てづくりおやつ】' (Homemade Snacks), and '※「牛乳」がアレルギーの場合...' (Note for allergic children). Includes illustrations of children eating.