

Main menu table with columns for dates from 5日(月) to 22日(木) and rows for ingredients and quantities.

Summary row for energy and protein content across the month.

Menu table for the month from 23日(金) to 31日(土) with columns for dates and rows for ingredients.

【1月の行事食】

★30日(金曜日) お誕生日会

【手作りおやつ材料】

- List of ingredients for various snacks and meals, including items like flour, sugar, and eggs.

