

Table with columns: 日 (Date), 献立名 (Menu Name), 牛乳 (Milk), 赤の仲間 (Red Group), 黄の仲間 (Yellow Group), 緑の仲間 (Green Group), エネルギーたんぱく質 (Energy/Protein), 一口メモ (Notes). Rows include various meals like soups, salads, and breads across different months.



