

Main table containing meal schedules for 16 days. Columns include date, meal name, ingredients, and snack. Days are categorized by month (2-4), fire (5-7), water (8-10), wood (11-13), earth (14-16).

※月平均栄養 3歳以上児 エネルギー 572kcal たんぱく質 20.3g 脂質 19.0g 食塩相当量 2.1g
3歳未満児 エネルギー 504kcal たんぱく質 18.4g 脂質 17.1g 食塩相当量 1.7g

