

献立表

Table with columns: 日付, 献立, エネルギーたんぱく質脂質/塩分, 材料名, 10時おやつ, 3時おやつ, 行事. The table lists daily menus for December 2015, including items like 御飯・みそ汁, 焼きそば, and 肉じゃが, along with their nutritional values and ingredients.