

Main table containing 31 days of menu items, ingredients, and nutritional values. Columns include date, meal name, ingredients, and energy/nutrient content.

☆ 今月の平均給与栄養量 ☆

Summary table of average nutritional intake for the month, including energy (621 kcal), protein (23.6g), fat (18.5g), carbohydrates (90.8g), calcium (230mg), iron (2.3mg), and vitamins A, B1, B2, C, and fiber (4.6g).

仕入れ状況によりメニューが変更する場合があります。