

* []内はお子さんの月齢により変更する食材です。

Main menu table with columns for Date, Meal Type, Dish Name, Ingredients, and Nutritional Value (Energy, Protein, Fat, Calcium, Iron).

Summary table for nutritional values: Energy (kcal), Protein (g), Fat (g), Calcium (mg), Iron (mg) for completed and after periods.

行事食

初午の日

Menu for the first lunch day, including dishes like Shirazushi and Miso Soup.

節分

Menu for the Setsubun festival, including dishes like Benigoyan and Soybean Paste.

誕生会

Menu for the birthday celebration, including dishes like Fruit Cake and Fruit Salad.

バレンタイン

Menu for Valentine's Day, including dishes like Chocolate Cake and Fruit Salad.

クッキング保育

Menu for the cooking activity, including dishes like Fruit Salad and Fruit Juice.

