

＜3つの食品グループと多くふくまれる栄養素＞

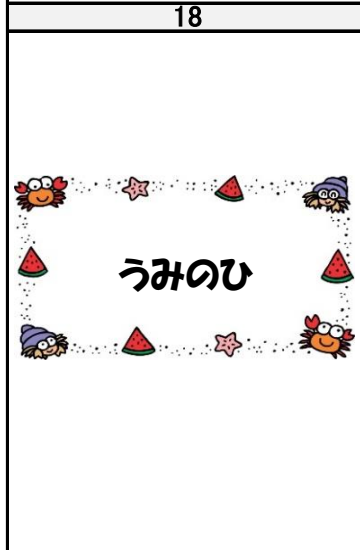
Table with 4 columns: Food Group (e.g., Energy, Body Building, Balance), and corresponding Nutrients (e.g., Carbohydrates, Protein, Vitamins).



☆材料購入の都合により献立を変更することがあります。

Summary table for the week (July 1st) showing total kcal (631kcal) and a list of menu items like '牛乳 チキンライス' and 'かぼちゃのとうもろこしスープ'.

Main menu table with columns for days 4 through 15, listing daily menu items and their kcal values.



Menu details for days 18, 19, and 20, including items like 'やきさばのみぞれかけ' and 'なすとトマトのグラタン'.

Announcements for menu changes on July 14th and 19th, explaining the reasons for substitutions.