

Main table with 14 columns (days 1-14) and 4 rows (Menu, Ingredients, Dairy, Energy/Calories). Each cell contains food items and their quantities.

Main table with 14 columns (days 15-28) and 4 rows (Menu, Ingredients, Dairy, Energy/Calories). Each cell contains food items and their quantities.

端午の節句 (Tanabata) section featuring a banner, text about the festival, and illustrations of children and food.

3歳以上児 5月統一献立平均
エネルギー/534kcal、たんぱく質/20.5g、脂質/15.7g、ビタミンA/215μg
ビタミンB1/0.59mg、ビタミンB2/0.45mg、ビタミンC/43mg
カルシウム/266mg、鉄/2.7mg、食物繊維/4.6g、食塩相当量/1.7g