



予定献立表



Table with 5 columns: 日付 (Date), 曜日 (Day of Week), 朝食 (Breakfast), 昼食 (Lunch), 代替食 (Substitution), 夕食 (Dinner), 栄養価 (Nutritional Value). Rows list daily menus from March 16 to 31, including items like 納豆 (Natto), ご飯 (Rice), 味噌汁 (Miso Soup), and their respective kcal and nutrient values.