



今月のきゅうしょくもくひょう:感謝のきもちで食事をしよう

Main table with columns for Date, Day, Main Course, Side Dish, Dairy, and Description. It lists daily menus for November, including international dishes like French, Korean, and Spanish, as well as local specialties from Aichi and Shizuoka.

平均のエネルギー

635 kcal

平均のたんぱく質

24.9g

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