



今月のきゅうしょくもくひょう:協力して準備や片づけをきちんとしよう。

Table with columns for Date, Day, Main Course, Side Dish, Dairy, Protein, Energy, and Notes. It lists daily meal plans from April 9th to 26th, including items like '炊き込みごはん', 'ポテトのバジルサラダ', and '手巻き寿司'.