

今月のきゅうしょくもくひょう:規則正しいリズムで丈夫な体を作ろう

Table with columns for Date, Day, Main Course, Side Dish, Soups, Milk, Energy, and Notes. It lists daily meal plans from September 3rd to 30th, including items like Maqedon Salad, Wonton Soup, and various soups, along with their energy and protein content.

平均のエネルギー 607 kcal

平均のたんぱく質 23.8 g

*食材発注の都合で一部献立を変更することがありますので、ご了承ください。