

Main menu table with columns for dates (1日 to 17日) and rows for ingredients and quantities. Includes items like 豚肉, 鶏肉, 卵, 野菜, etc.

Energy and protein content table with columns for energy (エネルギー) and protein (たんぱく質) values for each day.

Summary row for the week with columns for dates (18日 to 31日) and total energy/protein values.

Menu for the 31st (3がつのぎょうじしよく) with columns for date (18日 to 31日) and rows for ingredients and quantities. Includes items like 豚肉, 鶏肉, 卵, etc.

お弁当デー (Bento Day) section containing detailed instructions for parents, including allergen information and preparation notes. Includes a small illustration of a child.

