

Table with 4 columns: 日 (Date), 品名 (Item Name), 原材料 (Ingredients), 1食あたりの栄養価 (Nutritional Value). Rows include items like 梅しそごはん, 切り豆腐包み焼き, 瀬平あえ, etc.

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新年の無病息災を願う 正月行事. Includes illustrations of children and text about New Year's traditions and health wishes.

七草がゆ. Includes an illustration of a bowl of seven-weed porridge and text about its health benefits.

小豆がゆ. Includes an illustration of a bowl of red bean porridge and text about its health benefits.

※ 都合により、献立が変更になることがあります。