

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 health wishes and New Year traditions like eating '七草がゆ' and '小豆がゆ'.

七草がゆ. Includes an illustration of a bowl of seven-herb porridge and text explaining its health benefits and how to eat it.

小豆がゆ. Includes an illustration of a bowl of mung bean porridge and text explaining its health benefits and how to eat it.

※ 都合により、献立が変更になることがあります。