

2024年

7月の予定献立表

さむかわ保育園

Main table with columns: 献立名, 献立名, 献立名, 献立名, おやつ, 栄養価幼児(乳児), 行事. Rows include dates from 1st to 31st with corresponding menu items and activities.

Power Full Morning! (パワー全開 朝ごはん) section. Includes a recipe for 'Minestraw Soup' (ミネストローネスープ) with ingredients like bacon, eggplant, zucchini, and tomatoes. Also features a 'Summer Morning' (暑さをのいさるごはん) tip about tomato juice.

7月の3才以上児平均提供栄養量 ()は未満児: エネルギー553(532)・蛋白質22.2(21.1)・脂質17.8(17.7)・食塩2.0(1.8)