



Main table containing meal plans for November. It is organized by date (1st to 29th) and includes columns for '献立' (Menu), '材料' (Ingredients), '☆おやつ' (Snacks), and 'おやつ材料' (Snack Ingredients). Each entry lists the dish name, its energy and fat content, and the specific ingredients used. For example, on the 1st, the menu includes '四色丼', 'もずくスープ', 'ツナ白菜おかか和え', and 'いちごヨーグルト'. The table also features illustrations for special days like '文化の日' (Culture Day) and 'お誕生会' (Birthday Party).