

2023年11月



予定献立表・幼児食



ハッピーちゃいるど保育園

Main table containing meal plans, ingredients, and nutritional information for each day from 11/1 to 11/30. Includes columns for date, day of the week, meal name, ingredients, and kcal/protein.

■午前おやつは、お菓子類を提供しています。

Body care and nutrition tips section. Includes '体をおためして風邪予防' (Body care to prevent colds) and '今月の野菜=大根' (This month's vegetable = Daikon). Contains detailed advice on immune health and vegetable benefits.