

【今月の平均給与栄養量 3-5歳】 エネルギー：535kcal、タンパク質：21.4g、脂質：15.8g

Table with columns for Day (日曜), Meal Type (昼食/軽食), and Food Item (あか/きいろ/みどり/調味料類). It lists daily menus from July 1st to July 31st, including items like ごはん, ささみフライ, ひじき煮, and various soups and snacks.