



1月献立

Main table containing the monthly menu plan with columns for dates (4, 5, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 24, 25, 26, 29, 30, 31) and rows for different food categories like '朝' (Breakfast), '昼食' (Lunch), and 'おやつ' (Snack).