

Main menu table for July, days 1-16. Columns include day, meal type (e.g., 朝, 昼食, おやつ), and detailed food items like 高野豆腐, ブロッコリー, 豚肉, etc.



Main menu table for July, days 17-31. Columns include day, meal type, and detailed food items like 高野豆腐, 豚肉, 鶏肉, etc.