



献立表

令和3年度

Table with 11 columns: 日 (Day), 曜 (Day of week), おやつ (Snack), 昼食 (Lunch), 3時 (3 PM), 熱になる (Hot), 血や肉になる (Blood/Meat), 調子を整える (Adjust mood), 熱量 (kcal), 蛋白質 (g), 脂質 (g). Rows 1-28 contain daily menu items and nutritional data.

★ 献立は都合により変更することがあります。上が3歳未満児、下が3歳以上児の栄養価です。

節分と大豆のおはなし (Oni and Beans). Includes illustrations of children playing with bean bags and a text box explaining the significance of the day.

豆まき (Bean Toss). Includes illustrations of bean toss and a text box explaining the tradition of eating beans for good luck.

ヤイカガシ (Yai Kagashi). Includes an illustration of a branch with a fish and a text box explaining the custom of hanging it for protection.