

Main table for November 2022 menu on the left page, listing daily meals (breakfast, lunch, dinner, snacks) and ingredients for each day from Monday to Sunday.

Nutritional information table for the left page, showing energy, protein, fat, calcium, iron, and vitamins for infants, with target values and percentages.

※1 昼食及びおやつで食事摂取基準量の50%を給与する(昼食:1日全体の概ね1/3 おやつ:1日全体の10~20%)
※2 質(n-6系脂肪酸、n-3系脂肪酸)にも配慮する

Main table for November 2022 menu on the right page, listing daily meals (breakfast, lunch, dinner, snacks) and ingredients for each day from Monday to Sunday.

Nutritional information table for the right page, showing energy, protein, fat, calcium, iron, and vitamins for infants, with target values and percentages.

※1 昼食(主食は家庭より持参)及びおやつで食事摂取基準量の40%(ただし、日常不足しやすいカルシウム、ビタミンA、ビタミンB2は50%)を給与する
※2 質(n-6系脂肪酸、n-3系脂肪酸)にも配慮する