

10月のきゅうしよくこんだてひょう

Main table with columns for date, meal type, main dish, dessert, nutrients (protein, vitamins, etc.), and calories. Includes detailed descriptions of dishes like '鯖のゴマみそ焼き' and 'じゃがいもそぼろ煮'.

Footer text containing notes about ingredient changes, meal preparation, and a summary of average monthly nutrition values (平均栄養価).