

献立表

Table with columns for献立名, 有機率, 材料名 (昼食・3時おやつ), 10時おやつ, 3時おやつ, and 全体有機率. Rows list various dishes like 小豆ごはん, 雑穀ごはん, 黒米ごはん, etc., with their organic percentages and ingredients.