

★ 10月 献立表 (離乳食後期) ★

Table with columns for dates (1 to 15) and days of the week (金, 土, 日, 月, 火, 水, 木). Rows contain meal plans with ingredients like soft rice, chicken, and fish, and include illustrations of a bear and a girl.

Table with columns for dates (16 to 30) and days of the week (土, 日, 月, 火, 水, 木, 金, 土). Rows contain meal plans with ingredients like soft rice, chicken, and fish, and include illustrations of a bear and a girl.