



2026年05月

●卵 乳アレルギー

Table with columns: 日曜, 献立, 午後おやつ, 材料名 (黄, 赤, 緑), and detailed ingredient lists for each day.

※食材の都合により、献立を変更することがあります。

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Advertisement for Goya (ゴーヤー) featuring a cartoon character, text about its benefits (vitamin C, fiber, potassium), and a recipe for Goya Champuru.

Advertisement for Children's Day (子どもの日) featuring a cartoon character, text about celebrating children's growth, and a recipe for Gyoza (dumplings).