

Main table containing meal plans for each day of the week. Each row represents a day with columns for meal number, ingredients, and nutritional values. Includes text boxes for special notes like '敬老の日' and 'えいよう三色'.

Nutritional summary table with columns for Energy, Protein, Fat, Calcium, Magnesium, Iron, Zinc, Vitamin A, Vitamin B1, Vitamin B2, Vitamin C, and Fiber. Includes a note about the standard deviation for energy and fiber.