

2022年10月 月間献立表

(常食(ケア))

Calendar grid showing daily meal plans from 10/1 to 10/31. Each day's entry includes time of day (朝, 昼, タ), meal type (e.g., 朝), and a list of ingredients and dishes. The table is organized by day of the week: 日曜日, 月曜日, 火曜日, 水曜日, 木曜日, 金曜日, 土曜日.