

献立表

Table with 18 columns (days of the week) and 30 rows (meals). Each cell contains a meal name and its ingredients. The table is organized into weekly blocks (e.g., 1-7, 8-14, 15-21, 22-28, 29-30) and includes a '海の日' (Sea Day) section. Headers include '月曜日', '火曜日', '水曜日', '木曜日', '金曜日', and '土曜日'.