

2024年2月27日(火)食材 産地・メーカー 今日食材には★印がついています

玄米ごはん、つぼ漬け、生あげと野菜のそぼろ煮、紅白なます、干しブルー、アシドミルク

Table with columns for food categories (e.g., 穀類, 豆類, 魚介類, 肉類) and rows for various ingredients, including their names, manufacturers, and origins. It is color-coded: yellow for heating, green for body adjustment, red for body building, and blue for active ingredients.