



Table with 8 columns (Meal Type, Date, Menu, Nutrition) and a large central box for '今月の行事予定' (Monthly Events) listing dates and activities like 'ひなまつり' and 'ホワイトデー'.

Meal schedule table for dates 03/02 to 03/08, detailing breakfast, lunch, and dinner menus and nutritional information.

Meal schedule table for dates 03/09 to 03/15, including special events like 'ホワイトデー' and detailed menu items.

Meal schedule table for dates 03/16 to 03/22, featuring various lunch and dinner options and their nutritional values.

Meal schedule table for dates 03/23 to 03/29, continuing the daily menu and nutrition details.

Meal schedule table for dates 03/30 to 03/31, concluding the monthly menu.

今日からできる花粉症対策

【食生活】規則正しい食生活が重要

暴飲暴食・お酒やお菓子は控えめにし、体に優しいお茶や野菜をたくさん摂りましょう。

【習慣】

- List of habits for pollen allergy relief: wearing a mask before going out, wearing pollen-free clothing, getting up early, and using a dryer for bedding.

