

Table with columns for date (日付), meal type (朝食, 昼食, 夕食), and allergen categories (小麦, 卵, 乳, そば, 落花生, ごま, えび, かに). Rows are grouped by week (A, B, C, D) and day (1, 2, 3, 4, 5, 6, 7, 8).