



今月のきゅうしょくもくひょう: 食事と健康の関わりを知ろう

Main table with columns for Date, Day, Meal Type, Main Dish, Side Dish, Dairy, Ingredients, and Notes. It lists daily menus for February, including items like '行事食(節分)', '郷土料理(千葉県)', '国際食(アメリカ)', and '国際食(韓国)'. Each row includes a list of ingredients and a brief note about the dish or its nutritional value.