

Table for Feb 1st (Monday) to Feb 4th (Thursday). Columns include menu items like 'ちゃんこ鍋', 'ごはん', '牛乳', and 'デザート'. Includes a '新献立紹介' (New Introduction) box for 'じゃがいものみそ炒め' (Miso stir-fried potatoes) and a 'ごはんにかけて食べましょう' (Eat with rice) box for '大豆の炒り煮' (Stir-fried soybeans).

Summary table for Feb 7th (Monday) to Feb 11th (Friday) with energy and nutrient values.

Table for Feb 14th (Monday) to Feb 18th (Friday). Columns include menu items like 'チキン南蛮', 'ごはん', '牛乳', and 'デザート'. Includes a '建国記念の日' (National Foundation Day) box for 'じゃがいものマヨネーズ焼き' (Baked potatoes with mayonnaise) and a 'ごはんにかけて食べましょう' (Eat with rice) box for 'わかさぎの天ぷら' (Tempura of wakasagi).

Summary table for Feb 21st (Monday) to Feb 25th (Friday) with energy and nutrient values.

Table for Feb 21st (Monday) to Feb 25th (Friday). Columns include menu items like '和風ハンバーグ', 'ごはん', '牛乳', and 'デザート'. Includes a '天皇誕生日' (Emperor's Birthday) box for 'じゃがいものみそ炒め' (Miso stir-fried potatoes) and a 'ごはんにかけて食べましょう' (Eat with rice) box for 'キムチとらの炒め物' (Stir-fried kimchi and trout).

Summary table for Feb 28th (Monday) to Feb 29th (Tuesday) with energy and nutrient values.

Table for Feb 28th (Monday) to Feb 29th (Tuesday). Columns include menu items like 'カレーライス', 'ごはん', '牛乳', and 'デザート'. Includes a '天皇誕生日' (Emperor's Birthday) box for 'じゃがいものみそ炒め' (Miso stir-fried potatoes) and a 'ごはんにかけて食べましょう' (Eat with rice) box for '小松菜のそぼろ煮' (Stewed small-leaved lettuce).

Section titled '2月3日は節分です' (Feb 3rd is Setsubun). Includes text about Setsubun traditions, a list of 'いろいろな豆を食べよう' (Let's eat various beans), and illustrations of different bean types like '大豆' (Soybean), 'あずき' (Adzuki bean), 'いんげん豆' (Horse bean), 'えんどう' (Broad bean), 'ごら豆' (Lentil), and 'レンズ豆' (Lentil).