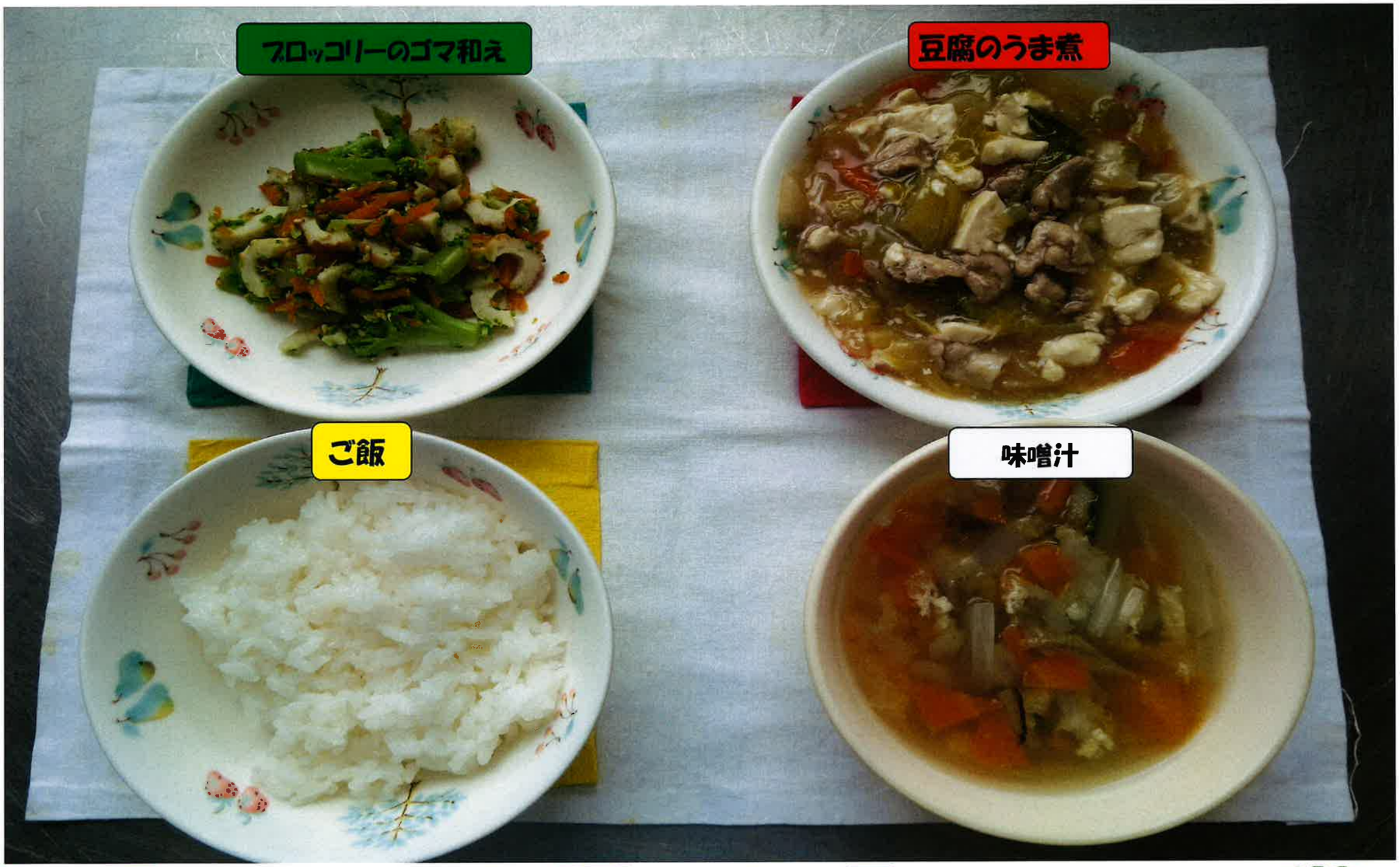
ブロッコリーのゴマ和え
豆腐のうま煮
ご飯
味噌汁