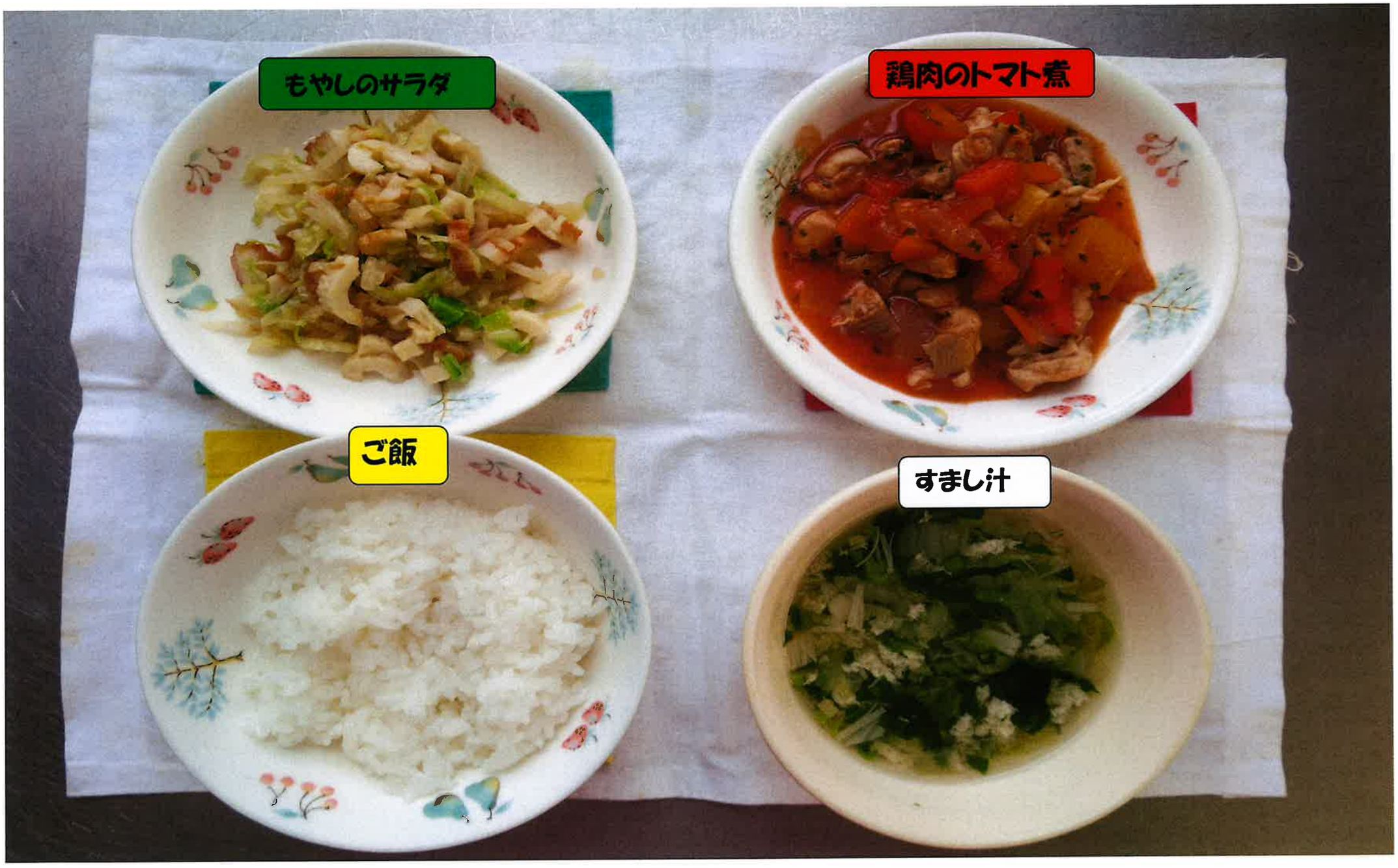
もやしのサラダ
鶏肉のトマト煮
ご飯
すまし汁