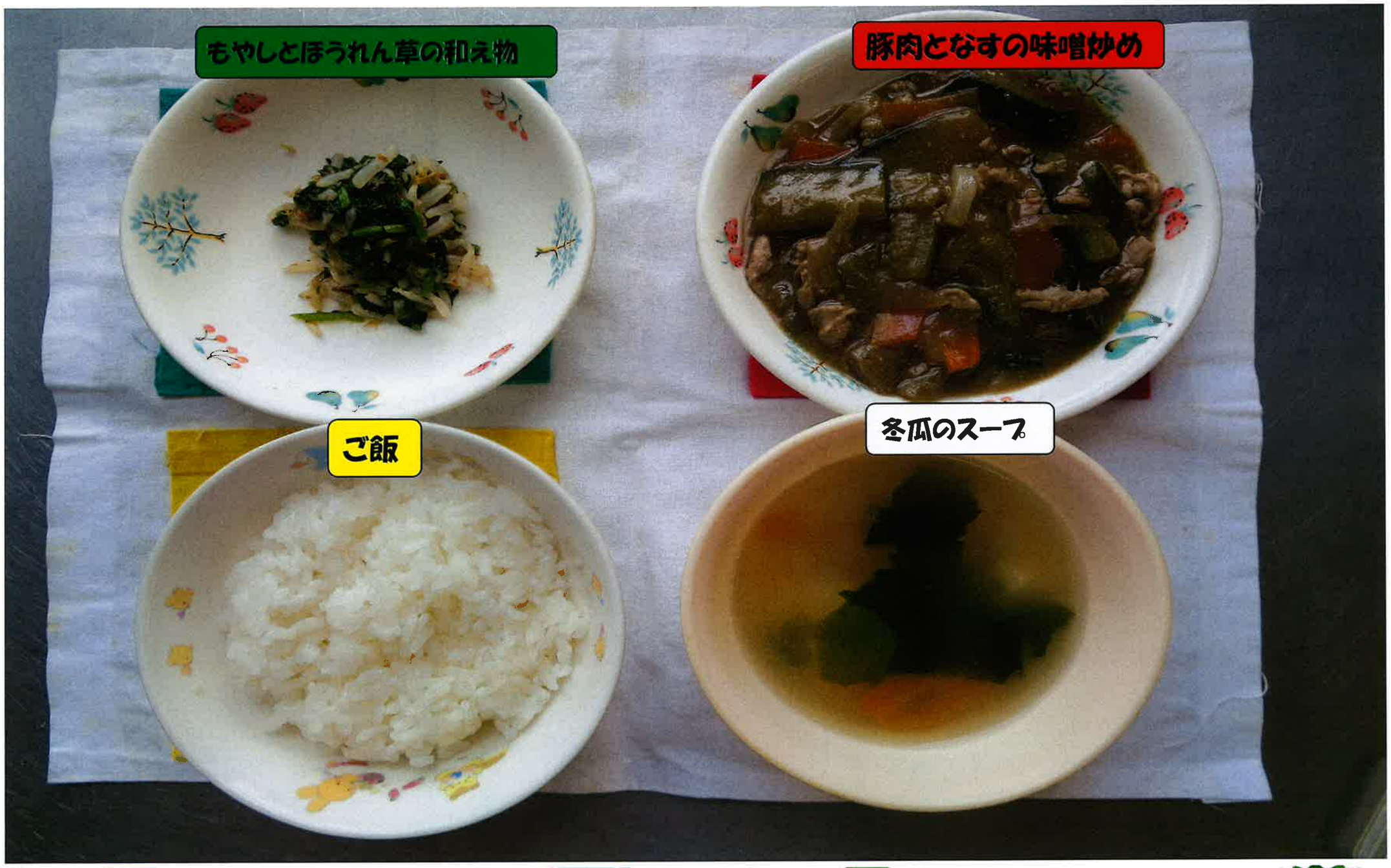
もやしとほうれん草の和え物
豚肉となすの味噌炒め
ご飯
冬瓜のスープ