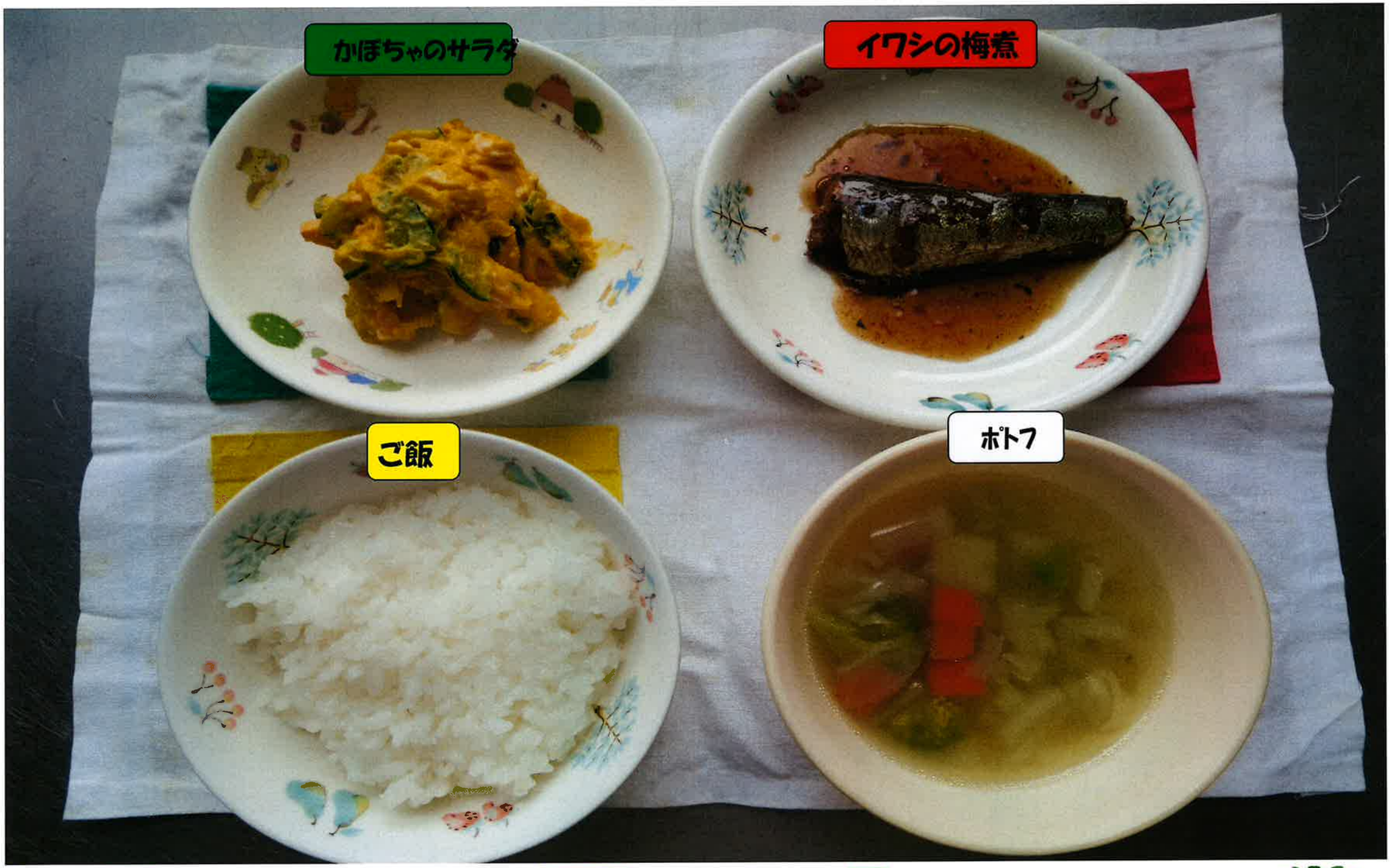
かぼちゃのサラダ
イワシの梅煮
ご飯
ポトフ