[illegible]

[illegible]♪[illegible]5[illegible]

[illegible]

[illegible]1[illegible]

[illegible]♪

[illegible] [illegible] [illegible]4[illegible]

[illegible]([illegible])[illegible]1[illegible](300g)

[illegible](A)[illegible]1[illegible](80g)

□(A)□□□□□□□□□□□□□□1□1.5

□(A)□□□□□□□□□□1

□(A)□□□□□□□□□1□1.5

□(A)□□□□□□□□□□□□□2□3cm

□(A)□□□□□□□□□□□□□

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[illegible](^^♪

[illegible]2[illegible]

[illegible]

[illegible]

[illegible]100g[illegible]1/3[illegible]

[illegible]

[illegible]3[illegible]

→[illegible]

[illegible]

TODAY'S MENU
• 茹で鶏の香味ソース
• バター醤油の焼き玉蜀黍
• トマトとネギの酸辣湯
• やみつきズッキーニ
• 茄子と獅子唐の揚げ浸し
• しらす大根ポン酢がけ
• 蓮根のきんぴら

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible]

[illegible]

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[illegible]

[illegible]

[illegible]❤

[illegible]♪

[illegible]BLOG[illegible]

[illegible]