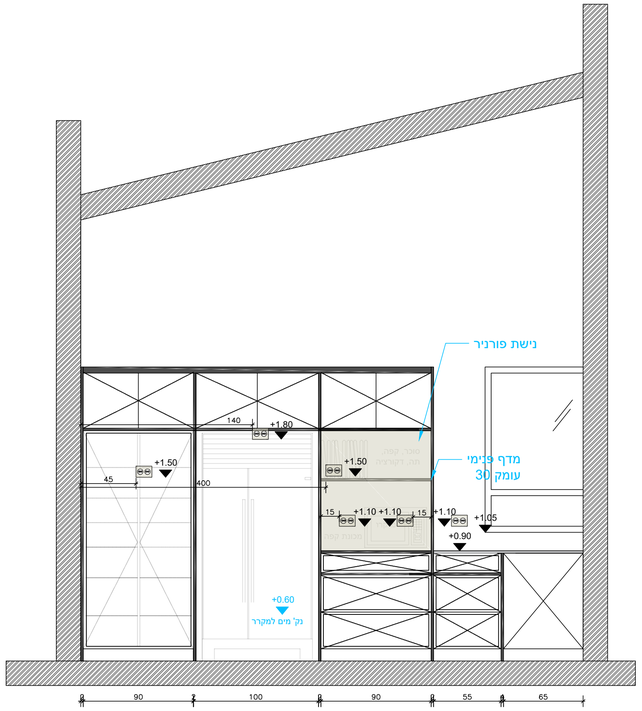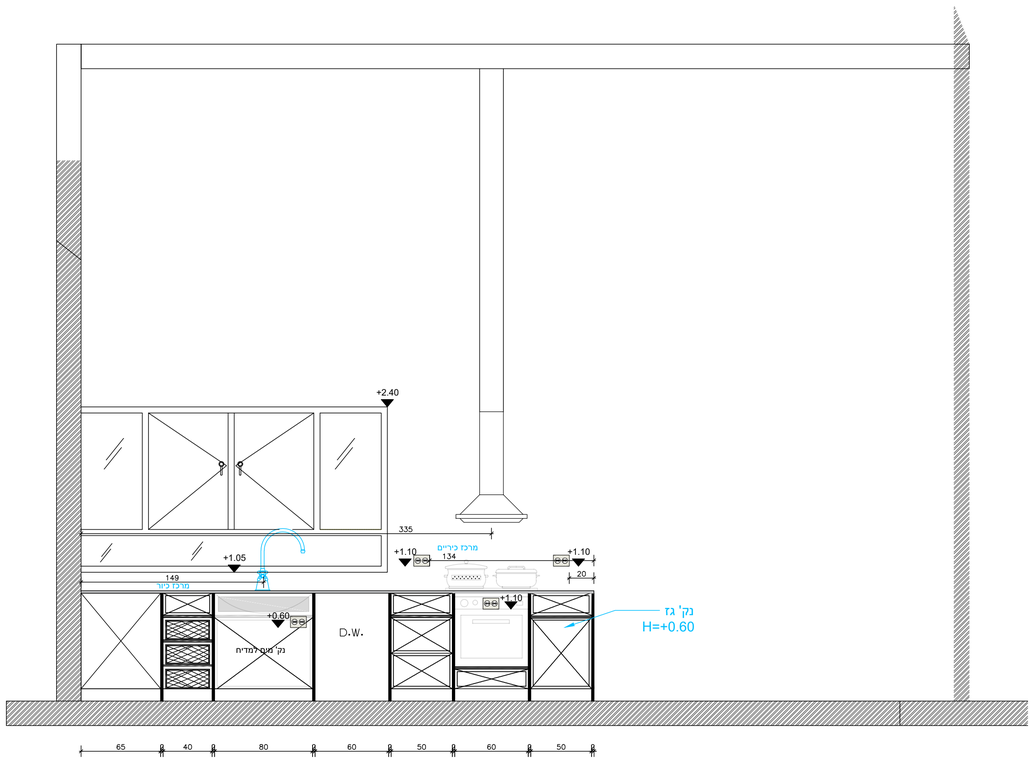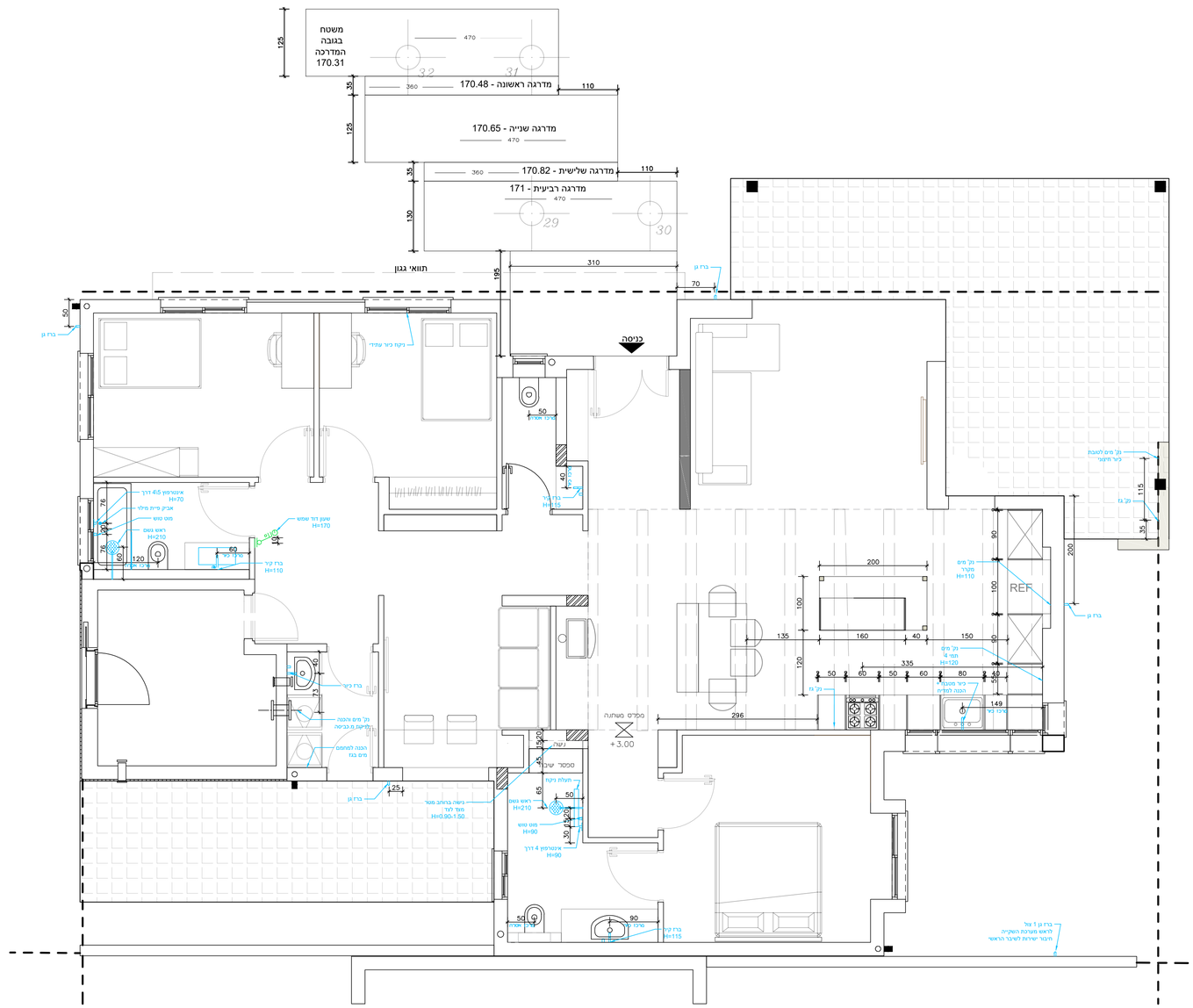תוכנית מידות - אינטלציה ומטבח