



	12-20 MON	12-21 TUE	12-22 WED	12-23 THU	12-24 FRI	12-25 SAT	12-26 SUN		
breakfast	Bean sprout soup White rice * Laver seasoned ricelo Fried egg 1 Tuna braised tofu 5 Mini pork cutlet 1o Stir-fried fish cake and vegetables Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup 5 White rice * Shrimp meat fried rice 9.1o Fried egg 1 Pork bulgogi 1o Braised beans Seasoned cucumbers Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Kimchi soft tofu soup 5 White rice * Kimchi ham fried rice 1o Fried egg 1 Braised meatballs 1o Braised spicy potatoes laver Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Soybean Paste Soup 5 White rice * Ham vegetable fried rice 1o Fried egg 1 Chicken stew 15 Seasoned spinach Lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup 5 White rice * Pork soy sauce ricelo Fried egg 1 Stir-fried vegetables in Vienna 1o Korean style meatball 1o Seaweed radish salad Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	seaweed soup Black rice Fried egg 1 Stir-fried pork and kimchi 1o Soft tofu 5 Stir-fried potatoes Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Bean sprout soup Black rice Fried egg 1 Grilled pork balls 1o Seasoned bean sprouts Lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2		
	lunch	Black rice Bean sprout soup Grilled teriyaki chicken 15 Kimchi pancake 6 Stir-fried mushroom in Vienna 1o Seasoned seaweed cabbage kimchi crispy rice crust	Black rice Udon soup 5 Hamburger steak with tomato sauce 1o 12 Stir-fried jajang rice cake 6 Seasoned green onion and bean sprouts Seaweed radish salad cabbage kimchi lemon tea	Black rice Kimchi soft tofu soup 5 Stir-fried chili pork ball macaroni 1o Spicy noodles 6 Seasoned bean sprouts zhacai cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup Pork and red pepper paste bulgogi 1o Steamed eggs and vegetables 1 Stir-fried crab meat with mushrooms Vegetable wraps cabbage kimchi lemon tea	Black rice Boiled dumpling soup 1o Braised pork quail eggs 1.1o Meatball fried tofu 5.1o Stir-fried fish cake and vegetables Seasoned dried radish cabbage kimchi crispy rice crust	Black rice seaweed soup 9 Chicken stew 15 Bread churros 6 Stir-fried seaweed stem Fresh young radish kimchi cabbage kimchi	Black rice Bean sprout soup curry and rice 1o Chicken nuggets 15 Stir-fried cabbage Seasoned dried radish cabbage kimchi	
		kitchen	Beef bone soup with pork 1o Yogurt	Galbi-flavored chicken 15 Egg ham fried rice 1o	Rice with pork and vegetables 1 1o Yogurt	Chicken noodles 15 Handmade meat dumpling 1o	It can be changed due to purchase circumstances		
			dinner	Black rice Spicy Seafood Noodles Sujebi 1o Sweet and sour pork 1o Seasoned muk and mung bean sprouts Seasoned soybean paste with cabbage 5 Sea tangle cabbage kimchi	Black rice Fish Cake Soup Ripe pork kimchilo Grilled tofu 5 Lettuce fresh kimchi laver cabbage kimchi	Black rice Shrimp seaweed soup 9 Stir-fried chicken noodles 15 Sweet potato matang Stir-fried seaweed stem Seasoned dried radish cabbage kimchi	Black rice Bean sprout soup Black bean sauce 1o Tuna braised radish Seasoned dried fish Fresh young radish kimchi cabbage kimchi	Black rice Udon soup 5 Chicken cutlet 15 Spicy noodles 6 laver Pickled red pepper cabbage kimchi	Black rice Soybean Paste Soup 5 Pork bulgogi 1o Vegetable croquette Seasoned bean sprouts Vegetable wraps cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬): 배추(중국산) 고추가루(중국산) 돈육(국내산) 돈뽀(칠레) 소고기(호주산) 삼겹살(독일산) .닭(국내산) 고등어(국내산)

1. 계란류 egg 2. 우유 Milk 3. 메밀 buckwheat 4. 땅콩 Peanut 5. 대두 Soybean 6. 밀 Wheat 7. 고등어 Mackerel 8. 게 Crab 9. 새우 Shrimp 10. 돼지고기 Pork 11. 복숭아 Peach 12. 토마토 Tomato 13. 아황산류 sulfite 14. 호두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut