



breakfast

lunch

snack

dessert

	05-16 MON	05-17 TUE	05-18 WED	05-19 THU	05-20 FRI	05-14 SAT	05-15 SUN
breakfast	Fried Tofu Kimchi Soup White rice * Oyster sauce fried rice 1.0 Fried egg 1 Hamburg steak 1.0 vegetable croquette Stir-fried mushrooms vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice * Shrimp meat fried rice 9.1.0 Fried egg 1 Fried chicken 15 Acorn jello Stir-fried zucchini vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Udon soup White rice * Kimchi fried rice 1.0 Fried egg 1 Boiled pork balls 1.0 Grilled tofu Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice * Ham vegetable fried rice 1.0 Fried egg 1 Stir-fried pork 1.0 bok choy vegetables Yogurt vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Seaweed soup White rice*Curry fried rice 1.0 Fried egg 1 Braised Sausage Quail Eggs 1.1.0 Stir-fried fish cake Seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Bean sprout soup Black rice Fried egg 1 Pork cutlet 1.0 Stir-fried Green Bean laver Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 6	Tofu Kimchi Soup Black rice Fried egg 1 Chicken nugget 15 Braised spicy radish Fresh vegetables Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 6
lunch	pearl millet Fried Tofu Kimchi Soup Grilled teriyaki chicken 15 Braised shrimp with radish 9 Pasta salad 6 Seasoned chives with cucumber cabbage kimchi Lemon tea	Black rice bean sprouts soup Mapa Tofu 1.0 Mushroom pork balls 1.0 fried sweet potatoes pickled vegetables cabbage kimchi crispy rice crust	sorghum rice Udon soup Curry and rice 1.0 Braised aged mackerel 7 parboiled water parsley laver cubed radish kimchi Lemon tea	pearl millet Soybean Paste Soup Spicy grilled chicken 15 Fried dumplings 1.0 Fresh vegetables Stir-fried bean curd with crown daisy cabbage kimchi crispy rice crust	Barley rice Seaweed soup pork chop 1.0 Kimchi pancake 6 Seasoned Konjac Seaweed Seasoned sesame leaf cabbage kimchi Plum tea	Black rice Bean sprout soup curried rice 1.0 Braised sausage rice cake 1.0 Stir-fried potatoes dried slices of daikon cabbage kimchi	Black rice Tofu Kimchi Soup Braised chicken balls 15 Sausages 1.0 Boiled Konjac Fish Cake Seasoned sesame leaf cabbage kimchi
snack	Spicy Tofu Stew 1.0 hot dog 6.1.0	Radish pickles iced noodles 6 meat dumplings 1.0*Yogurt	Pork belly+sausage+spicy noodles+ssam vegetable	Kimchi fried rice * Fried egg 1.1.0 Mini Udon	Cheese ramen 6 rice roll 17		
dessert	pearl millet Spicy Sausage Stew 6.1.0 Stir-fried sundae and vegetables 1.0 Korean style meatball 1.0 clam corn salad dried fish cabbage kimchi	Black rice Seaweed soup Bulgogi with bean sprouts 1.0 Stir-fried rice cakelo Seasoned cabbage with green onion braised beans cabbage kimchi	sorghum rice Fish cake soup with rice cake Pork cutlet 1.0 Meat spaghetti 1.0 jalapeno pickles Green onion baguette 6 cabbage kimchi	pearl millet pollack soup Seasoned chicken balls 15 Sausage pancake 1.0 Seasoned cucumber Fruits Ade cabbage kimchi	Black rice Pumpkin Sujebi Soup backbone stew Steamed eggs with vegetables Stir-fried mushrooms Seaweed salad cabbage kimchi	Black rice Udon soup Braised Spicy Chicken with Soy Sauce 15 Korean style meatball 1.0 Fresh vegetables Pickled garlic cabbage kimchi	Black rice seaweed soup pork chop 1.0 Bean sprouts japchae Stir-fried pumpkin Pickled radish 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.계란류egg 2.우유milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.야황산류sulgate 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish(굴, 전복, 홍합 등) 19. 잣pine nut