



	05-23 MoN	05-24 TUE	05-25 WED	05-26 THU	05-27 FRI	05-28 SAT	05-29 SUN		
breakfast	Seaweed soup White rice * Oyster sauce fried rice lo Fried egg 1 Braised chicken 15 Grilled mushrooms Seasoned bean sprout vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice * Shrimp meat fried rice 9.10 Fried egg 1 Stir-fried vegetables in Vienna lo Braised tofu Stir-fried zucchini vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice * Seaweed seasoned rice lo Fried egg 1 Kimchi hamburger lo Boiled Fish Cake Spinach greens vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	dried pollack soup White rice * Ham vegetable fried rice lo Fried egg 1 Pork bulgogi lo vegetable croquette Yogurt vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Udon soup White rice*Curry fried rice lo Fried egg 1 Assorted Sausage Stir-fried lo soft tofu Sweet potato matang vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup Black rice Fried egg 1 Grilled Spam lo Seasoned acorn jelly Seasoned dried radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish cake soup Black rice Fried egg 1 Chicken cutlet 15 Stir-fried broccoli Green grape pudding vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	lunch	pearl millet Seaweed soup Pork and kimchi over rice lo Grilled mushroom pork balls lo Broccoli crab salad Braised lotus root cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup Spicy braised chicken 15 Mixing vegetable spring roll Stir-fried Green Bean Ham lo Seasoned sesame leaf cabbage kimchi Lemon tea	sorghum rice bean sprouts soup Stir-fried zucchini and pork lo Braised shrimp with radish 9 Stir-fried pork and bok choy 10 vegetable stick cabbage kimchi mixed grains	pearl millet dried pollack soup Fish cutlets Stir-fried Ramen Fresh vegetables jalapeno pickles cabbage kimchi crispy rice crust	Barley rice Udon soup Steamed sweet potatoes 15 Korean japchae Stir-fried potatoes Seasoned dried radish cabbage kimchi Plum tea	Black rice bean sprouts soup Stir-fried sundae and vegetables 10 Pink sausages lo Spinach greens Seasoned sesame leaf cabbage kimchi	Black rice Fish cake soup Stir-fried teriyaki with pork lo Vegetable bibim noodles Cabbage and bean paste Seasoned garlic cabbage kimchi	
		dinner	Spicy grilled chicken 15 Apple picnic	Pork cutlet mayo with rice lo Yogurt	Cold broth jjolmyeon Mini burger 15	Jangjorim Butter Bibimbap lo tortilla gorgonzola	omelet rice lo Bill Sausage Juicy Cool		
			pearl millet chopped noodles Chicken nuggets 15 Steamed sundae lo Fresh vegetables pickled vegetables cabbage kimchi	Black rice Udon soup ham and spicy sauce lo Sweet and sour pork with soy sauce lo rice noodle salad Radish pickles cabbage kimchi	sorghum rice Tofu Kimchi Soup Braised Spicy Chicken with Soy Sauce 15 Okonomiyaki dumplings lo Ssam kelp Seasoned dried radish cabbage kimchi	pearl millet Soybean Paste Soup Green onion and red pepper paste bulgogi lo tofu Stir-fried ripe kimchi Stir-fried vegetable fish cake cubed radish kimchi	Black rice Seaweed soup Uni curry rice lo Pork cutlet lo Seasoned chives with cabbage Seasoned dried fish cabbage kimchi	Black rice Soybean Paste Soup Braised Spicy Chicken 15 Sweet potato matang Grilled mushrooms braised beans cabbage kimchi	Black rice dried pollack soup Mapa tofu rice balls lo Korean style meatball lo Raw bellflower radish Seasoned bean sprouts 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.우유 2.우유milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.야황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut