



	11월 28일	11월 29일	11월 30일	12월 01일	12월 02일	12월 03일	12월 04일		
breakfast	Seaweed soup White rice*Kimchi ham fried rice lo Fried egg 1 Hamburg steak lo soft tofu Pickled cucumber vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Seasoned rice with seaweed lo Fried egg 1 Spicy Stir-fried Pork lo Stir-fried mushrooms Fresh kimchi with chives vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup White rice*Curry fried rice lo Fried egg 1 Chicken cutlet 15 Grilled tofu Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Chili Bean Sauce fried rice lo Fried egg 1 fried chicken 15 Spinach sprouts Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Kimchi tofu soup White rice*Vegetable ham and rice lo Fried egg 1 Grilled Spam lo Vegetable croquette seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup Black rice Fried egg 1 Pork cutlet lo Steamed sweet pumpkin Green grape pudding vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup Black rice Fried egg 1 Stir-fried Vienna ketchup lo Mini pork cutlet laver vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	lunch	Black rice Seaweed soup Stir-fried spicy pork lo Pumpkin pancake fresh cabbage braised beans cabbage kimchi crispy rice crust	Black rice bean sprouts soup Soft Tofu Mafa lo Sweet and sour dumplings lo Stir-fried green bean Seasoned garlic stems cabbage kimchi mixed grains	Black rice udon soup Bulgogi spaghetti lo Popcorn chicken salad 15 Stir-fried mushrooms Pickled radish cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup Handmade sweet and sour pork lo Spicy tteokbokki Stir-fried shrimp and pumpkin Seasoned dried radish cabbage kimchi lemon tea	Black rice Kimchi tofu soup Black bean sauce bulgogi lo steamed dumpling lo laver Pickled cucumber cabbage kimchi crispy rice crust	Black rice clear radish soup Stir-fried udon with sundae lo Glazed sweet potatoes Crab meat mustard salad seasoned bean sprouts cabbage kimchi	Black rice Soybean Paste Soup Fish cutlets cream macaroni Cabbage greens Pickled cucumber cabbage kimchi	
		korea	Bibimbap with flying fish roe Takokayki	Spicy braised spicy chicken fried rice 15 Yogurt	Kimchi pork stew lo Apple juice	Kalguksu with clams Morning pizza bread lo	Soondae gukbap lo Jelly		
			dinner	White rice Spicy Chicken Stew 15 Grilled mackerel 7 Braised mushroom konjac Cabbage greens Seasoned dried radish cabbage kimchi	Black rice Soybean Paste Soup Bulgogi with soy sauce lo Rice Cake Japchae seasoned bean sprouts Seasoned perilla leaf cabbage kimchi	Black rice Fish Cake Soup Macho King Chicken Bowl 15 Spicy chewy noodles Stir-fried vegetable fish cake Pickled radish cabbage kimchi	Black rice cream soup Meatball Gratin lo Vegetable croquette Corn salad braised beans cabbage kimchi	Black rice udon soup Grilled Smoke Ham lo radish salad / fresh lettuce Stir-fried pumpkin Fried egg 1 cabbage kimchi	Black rice Seaweed soup Bean sprout bulgogi lo Braised radish with soy sauce cabbage wrap Seasoned garlic stems 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. 호

두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut