


	07월 17일	07월 18일	07월 19일	07월 20일	07월 21일	07월 22일	07월 23일	
b r e a k f a s t	Seaweed soup White rice * kimchi fried rice lo Fried egg 1 Chicken nuggets 15 Stir-fried ham and fish cake lo vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Soybean Paste Soup White rice * Curry fried rice lo Fried egg 1 Grilled meat balls lo Steamed dumplings lo vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	Udon soup White rice * Stir-fried vegetable ham lo Fried egg 1 Grilled chicken 15 Stir-fried Green Bean Mushrooms vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Tofu dried pollack soup White rice * Seaweed seasoned rice lo Fried egg 1 Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	bean sprout soup White rice * Rice with pork and soy sauce lo Fried egg 1 Grilled Spam lo Steamed tofu vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Fish cake soup Black rice Fried egg 1 Hamburger steak lo Green grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Soft Tofu Clear Soup Black rice Fried egg 1 Chicken cutlet 15 blanched broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk	
	Black rice Seaweed soup jalapeno hamburger lo Stir-fried pork noodles lo Seasoned cucumber onion Pickled Chili Pepper cabbage kimchi	Black rice Soybean Paste Soup Stir-fried cabbage and pork lo Fried tofu with soy sauce Bean sprouts Braised black beans cabbage kimchi	Black rice Udon soup Spicy black bean sauce lo Sweet and sour dumplings vegetables with mustard sauce Pickled radish cabbage kimchi	Black rice Tofu dried pollack soup pork chop lo Steamed bean sprout fish cake Seaweed Salad seasoned dried radish cabbage kimchi	 Black rice bean sprout soup Fish cutlets Macaroni pasta lo young radish greens Tartar Sauce cabbage kimchi	Black rice Fish cake soup Curry Rice lo Jjolmyeon with vegetables Pickled Radish Salad lemon tea cabbage kimchi	Black rice Soft Tofu Clear Soup Stir-fried green bean with pork balls lo Seasoned squid and vegetables small noodle Stir-fried dried fish cabbage kimchi	
	Rice with pork belly lo Jelly Po	Cold Buckwheat Noodles Kimchi and Ham Riceball lo	 Pork Bulgogi lo apple juice	Ratatouille omelet rice lo Banana chocolate bread	Chicken kalguksu 15 Meat dumplings lo			
	Black rice Spicy Sundae Soup lo pork with soy sauce lo Garlic Baguette fresh kimchi Pickled radish cabbage kimchi	Black rice Chicken soup 15 Spicy mackerel 7 Sweet pumpkin salad fresh kimchi Cellophane noodles cabbage kimchi	Rice with pork and bean sprouts lo Tofu kimchi soup Mini pork cutlet lo Braised mushroom konjac Stir-fried dried seaweed Pickled Chili Pepper cabbage kimchi	Black rice chicken soup 15 Meatball salad lo Vegetable Croquettes eggplant greens seasoned garlic stems cabbage kimchi	Black rice Kimchi sujebi soup Braised meat with meatballs lo Oriental soft tofu Bean Sprout Salad Braised black beans cabbage kimchi	Black rice Soybean Paste Soup Stir-fried bean sprouts pork lo fried spring rolls Stir-fried zucchini seasoned dried radish cabbage kimchi	Black rice bean sprout soup Stir-fried Sundae and Vegetables lo Braised Spicy Potatoes Stir-fried fish cake Pickled Cucumbers 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