



	09월 18일	09월 19일	09월 20일	09월 21일	09월 22일	09월 23일	09월 24일		
breakfast	udon soup White rice * pork fried rice lo Fried egg l Chicken nuggets 15 Stir-fried mushrooms vegetable salad cabbage kimchi Cereal * Milk Toast * jam	Soybean Paste Soup White rice * ham and vegetable fried rice Fried egg l Hamburg steak lo Fried dumplings lo vegetable salad cabbage kimchi cereal * yogurt Toast * jam	Bean sprout soup White rice * Curry fried rice Fried egg l Braised Spicy Chicken 15 Stir-fried eggplant vegetable salad cabbage kimchi Cereal * Milk Toast * jam	Tofu and dried pollack soup White rice * kimchi fried rice Fried egg l Grilled pork balls lo Stir-fried fish cake vegetable salad cabbage kimchi cereal * yogurt Toast * jam	Seaweed soup White rice * Black bean sauce fried rice Fried egg l Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Cereal * Milk Toast * jam	Fish cake soup Black rice Fried egg l Stir-fried ham and mushroom l Steamed tofu vegetable salad cabbage kimchi Cereal * Milk Toast * jam	Soybean Paste Soup Black rice Fried egg l Chicken cutlet 15 blanched broccoli vegetable salad Cereal * Milk Toast * jam cabbage kimchi		
	Lunch	Black rice udon soup Chinese rice over rice lo.17 Dumpling salad lo Stir-fried dried fish Pickled radish cabbage kimchi	Black rice Soybean Paste Soup Cheongyang style stir-fried pork lo Soft tofu Spicy stir-fried pumpkin seasoned sesame leaves cabbage kimchi	Black rice Bean sprout soup Jalapeno meatballs lo Mushroom rice cake japchae perilla seed radish greens Pickled Cucumbers cabbage kimchi	Black rice Tofu and dried pollack soup Pumpkin curry and rice Kimchi bacon short pasta lo Stir-fried Seaweed Stems dried seasoned radish cabbage kimchi	 Black rice Seaweed soup Sweet and sour pollack Seasoned konjac vegetables Stir-fried eggplant braised beans cabbage kimchi	Black rice Fish cake soup Pork cutlet lo Spicy Kimchi Noodles Bean sprouts Pickled garlic stems cabbage kimchi	Black rice Soybean Paste Soup Stir-fried Pork lo spring roll Stir-fried dried fish Pickled Chili Pepper cabbage kimchi	
		Dinner	Braised boneless chicken with rice 15 Jelly	Bibimbap with wild vegetables lo Neobiani2p lo	Noodles with anchovies sugar twist	Pork jjamppong rice lo Takokayki	Chicken noodle soup 15 Steamed dumplings lo		
			Black rice Bean sprout anglerfish soup Wasabi pork cheek lo assorted bean salad Stir-fried Seaweed Stems Powder made of mixed grains cabbage kimchi	Black rice Spicy rice noodles 18 Fried slices lo Braised Baby Potatoes seasoned seaweed dried seasoned radish cabbage kimchi	Black rice Beef-bone Sundaejuk lo Korean style meatball lo braised tofu fresh kimchi seasoned sesame leaves cabbage kimchi	Soybean Paste Soup Soybean Paste Soup Braised in soy sauce lo Braised sweet pumpkin Stir-fried tree ear mushrooms laver cabbage kimchi	Black rice Bean sprout soup braised pork with tomatoes lo Candied Sweet Potatoes Radish Salad with Soybean Paste Pickled radish cabbage kimchi	Black rice Soft tofu and clear soup Stir-fried Soondae lo Seasoning dumplings Stir-fried zucchini braised beans cabbage kimchi	Black rice udon Soup Fruits sweet and sour pork lo Jjajang tteokbokki Seaweed radish salad lemon tea cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈뼈(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.야황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut