



		10월 03일	10월 04일	10월 05일	10월 06일	10월 07일	10월 08일	10월 09일		
b r e a k f a s t		bean sprouts soup White ric Fried egg 1 Braised meatballs Green grape pudding Seasoned perilla leaf paper vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Seaweed soup White rice* Pork and soy sauce rice Fried egg 1 Chicken Nuggets Stir-fried ham and broccoli Dried radish seasoning vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White ric*Curry fried rice 10 Fried egg 1 fried chicken Vegetable croquette seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Udon soup White rice*Vegetable ham and rice 10 Fried egg 1 Fish cutlets Stir-fried eggplant Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Spicy Kimchi soup White rice * Oyster sauce fried rice 10 Fried egg 1 Stir-fried chives with pork Glazed sweet potatoes Braised black beans vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup Black rice Fried egg 1 Pork cutlet 15 Stir-fried potatoes Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup Black rice Fried egg 1 Grilled Smoke Ham boiled quail eggs Fresh kimchi with chives vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	l u n c h		Black rice bean sprouts soup Chicken cutlet mixed noodles Stir-fried pumpkin vegetable salad cabbage kimchi	Black rice Seaweed soup Stir-fried pork with teriyaki Spicy japchae with bean sprouts Seasoned acorn jelly vegetable salad cabbage kimchi Lemon tea	Black rice Soybean Paste Soup Tofu mushroom rice meatball rice cake Stir-fried garlic jjong fish cake vegetable salad cabbage kimchi crispy rice crust	Black rice Udon soup Meat spaghetti Mini pork cutlet Stir-fried green bean vegetable salad cabbage kimchi mixed grains	Black rice Spicy Kimchi soup Steamed backbone Kimchi pancake braised radish with shrimp vegetable salad cabbage kimchi crispy rice crust	Black rice bean sprouts soup Black Bean Rice Stir-fried Ramen Pickled radish salad vegetable salad cabbage kimchi	Black rice Soybean Paste Soup Braised Spicy Chicken with Soy Sauce teriyaki dumplings seasoned bean sprouts vegetable salad cabbage kimchi	
		코 너		개천절	pork and vegetable jjamppong Chinese flower buns	Lulu-Uppan over rice Apple juice	Rice with fish roe Pizza morning bread	Soondae gukbap Jelly		
				Black rice dried pollack soup Stir-fried kimchi pork Vegetable croquette seasoned bean sprouts Pickled cucumber cabbage kimchi	Black rice Fish Cake Soup Chili Sweet and Sour Pork Ham tteokbokki Honey bread with nuts Braised black beans cabbage kimchi	Black rice bean sprouts soup Grilled meatballs Seasoned squid and vegetables Noodles soft tofu cabbage kimchi	Black rice cream soup hashed rice Chicken ball Macaroni salad Dried radish seasoning cabbage kimchi	Black rice Soybean Paste Soup Spicy Stir-fried Chicken Garlic cheese dumpling Seasoned chives with red vegetables seasoned red pepper cabbage kimchi	Black rice Seaweed soup Steamed monkfish fried spring rolls Seasoned dried fish laver cabbage kimchi	Black rice Beef bone dumpling soup Korean style meatball braised tofu Stir-fried pumpkin Seasoned perilla leaf paper cabbage kimchi
		D i n n e r								

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