



	07월 11일	07월 12일	07월 13일	07월 14일	07월 15일	07월 16일	07월 17일	
breakfast	Soybean Paste Soup White rice*Ham kimchi fried rice Fried egg fried chicken Stir-fried broccoli crab meat Bean sprouts vegetable salad cabbage kimchi cereal*milk Toast* jam	Fish Cake Soup White rice*Kimgaru seasoned rice Fried egg Chili tangsuyuk Stir-fried Green Bean Mushrooms Yoplaif vegetable salad cabbage kimchi cereal*milk Toast* jam	Tofu Kimchi Soup White rice*Oyster sauce fried rice Fried egg Bulgogi with soy sauce Stir-fried eggplants Seasoned bean sprouts vegetable salad cabbage kimchi cereal*milk Toast* jam	Seaweed cucumber cold soup White rice*Ham vegetable fried rice Fried egg Tonkatsu* sauce Braised potatoes Stir-fried seaweed stem vegetable salad cabbage kimchi cereal*milk Toast* jam	Udon soup White rice*Donchae soy sauce rice Fried egg Stir-fried Spicy Pork Tangpyeongchae (Sweet and sour pork) Fresh chives vegetable salad cabbage kimchi cereal*milk Toast* jam	bean sprouts soup Black rice Fried egg Hamburg steak soft tofu*spice paste Braised black beans vegetable salad cabbage kimchi cereal*milk Toast* jam	Spicy radish soup Black rice Fried egg Chicken Nuggets* Mustard Stir-fried broccoli Stir-fried shreds vegetable salad cereal*milk Toast* jam cabbage kimchi	
	Black rice Soybean Paste Soup Pork over rice Stir-fried bell pepper in Vienna Shrimp and pumpkin greens Stir-fried seaweed cabbage kimchi Powder made of mixed grains	Black rice Fish cake soup with water Spicy Dakgalbi Fried sweet pumpkin Fried mustard salad Seasoned red pepper paste cabbage kimchi crispy rice crust	Black rice Tofu Kimchi Soup teriyaki and profitable Braised shrimp with radish Green onion baguette Seasoned garlic cabbage kimchi Plum tea	Black rice Seaweed cucumber cold soup Bulgogi with bean sprouts Sweet potato matang cold pasta salad Seasoned sesame leaf cabbage kimchi Lemon tea	Black rice Udon soup Assorted Sweet and Sour Pork Stir-fried udon with black bean sauce Stir-fried fish cake and mushrooms Stir-fried shreds cabbage kimchi Powder made of mixed grains	Black rice bean sprouts soup Stir-fried chicken with soy sauce Fish cake tteokbokki Stir-fried ham and potato young radish greens cabbage kimchi	Black rice Spicy radish soup Boiled vegetable meatballs Jjolmyeon with vegetables Stir-fried mushroom and green pepper Seasoned garlic cabbage kimchi	
	Samgyetang Yogurt	cold buckwheat noodles fried tofu sushi	Butter jangjorim rice Coolpiece	Cheese kimchi fried rice Honey Butter Popcorn Chicken	Egg ramen Handmade chicken skewers			
	Dinner	Black rice Dumpling soup Steamed pork backbone Spicy noodles seasoned cucumber salad Seasoned daikon cabbage kimchi	Black rice cream soup Furank tomato spaghetti Chicken salad Seasoned corvina jalapeno pickles cabbage kimchi	Black rice Seaweed soup Kimchi tuna with rice Pink Sausage War corn salad Pickled radish cabbage kimchi	Black rice bean sprouts soup Roasted chicken in an oven Seasoned acorn jelly and vegetables shredded daikon Braised black beans cabbage kimchi	Black rice Spicy Radish Soup Garlic galbi nuggets Chili dumplings Korean cabbage fresh kimchi Seasoned garlic cabbage kimchi	Black rice Udon soup curried rice Mini pork cutlet Stir-fried pumpkin Seasoned sesame leaf cabbage kimchi	Black rice miso soup Bulgogi with red pepper paste vegetable croquette Seasoned bean sprouts Braised Cabbage*Seasoning Plant cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈벼(칠레) 소고기(호주산) 삼겹살(독일산) .닭(국내산) 고등어(국내산)

케란류egg 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