



breakfast

lunch

korea

dessert

	11월 07일	11월 08일	11월 09일	11월 10일	11월 11일	11월 12일	11월 13일
breakfast	Seaweed soup White rice*Kimchi ham fried rice lo Fried egg 1 Hamburg steak 1o braised potatoes Pickled cucumber vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Seasoned rice with seaweed lo Fried egg 1 fried chicken 15 Stir-fried mushrooms Fresh kimchi with chives vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup White rice* Pork and soy sauce rice Fried egg 1 Chicken Nuggets 15 Grilled tofu Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Curry fried rice lo Fried egg 1 Spicy Stir-fried Pork 1o soft tofu Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Sujebi Soup White rice*Vegetable ham and rice lo Fried egg 1 Grilled Spam 1o steamed dumpling 1o seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish Cake Soup Black rice Fried egg 1 Pork cutlet 1o Steamed sweet pumpkin Green grape pudding vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup Black rice Fried egg 1 Stir-fried Vienna ketchuplo Vegetable croquette laver vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6
lunch	Black rice Seaweed soup Kimchi tuna rice lo Steamed vegetable eggs 1 Oriental Tofu Salad braised beans cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup Spicy Stir-fried Pork 1o Kimchi pancake seasoned bok choy Seasoned perilla leaf cabbage kimchi mixed grains	Black rice udon soup Fish cutlets spoonful of spaghetti blanched broccoli Seasoned dried radish cabbage kimchi crispy rice crust	Black rice bean sprouts soup Soft tofu curry Popcorn chicken salad 15 grilled vegetables Pickled radish cabbage kimchi lemon tea	Black rice Sujebi Soup Ratatouille Meatball 1o Braised fish cake tofu Stir-fried anchovies with garlic Seasoned garlic cabbage kimchi crispy rice crust	Black rice Fish Cake Soup Teriyaki Bulgogi 1o Spring roll Seasoned dried fish Steamed cabbage cabbage kimchi	Black rice Mini banquet noodles Korean style meatball 1o braised radish with shrimp Pumpkin greens Pickled cucumber cabbage kimchi
korea	Braised Spicy Chicken with Soy Sauce 15 Apple juice	Rice with fish roe Milk pudding	Kimchi noodles with pork 1o Takokayki	Pork cutlet mayo with rice 1o Yogurt	Boiled Beef Bone Noodles 1o buckwheat crepe 1o		
dessert	Black rice Pork backbone stew 1o Vienna Stir-fried Rice Cake 1o Fish cake and japchae seasoned bean sprouts Fresh kimchi with chives cabbage kimchi	Black rice udon soup Chili Sweet and Sour Pork 1o steamed dumpling 1o Stir-fried eggplant Seasoned dried fish cabbage kimchi	Black rice Seaweed soup Spicy Bulgogi 1o tofu with seeds seasoned bean sprouts braised beans cabbage kimchi	Black rice Spicy dumpling soup Braised meatballs with soy sauce 1o Glazed sweet potatoes laver Pickled cucumber cabbage kimchi	Black rice Soybean Paste Soup Stir-fried udon with sundae 1o Steamed acorn jelly Pickled radish greens Pickled radish cabbage kimchi	Black rice Kimchi tofu soup Green onion salad pork bowl 1o Spicy chewy noodles with vegetables Stir-fried mushrooms Stir-fried seaweed stem cabbage kimchi	Black rice bean sprouts soup Chillimayo Chicken Nuggets 15 fried pork and vegetables 1o Stir-fried potatoes and ham 1o Cabbage greens 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. 케란류egg 2. 우유milk 3. 메밀buckwheat 4. 땅콩Peanut 5. 대두Soybean 6. 밀Wheat 7. 고등어Mackerel 8. 게Crab 9. 새우Shrimp 10. 돼지고기Pork 11. 복숭아Peach 12. 토마토Tomato 13. 아황산류sulphite 14. 호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut