



breakfast

Lunch

코너

Dinner

	01월 02일	01월 03일	01월 04일	01월 05일	01월 06일	01월 07일	01월 08일
breakfast	Seaweed soup White rice*Kimchi ham fried rice lo Fried egg l Spicy Stir-fried Pork lo Boiled potatoes seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Curry fried rice lo Fried egg l Chicken cutlet 15 Grilled tofu Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Soy sauce rice with pork l o Fried egg l Roasted chicken 15 Spinach sprouts Fresh kimchi with chives vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Kimchi tofu soup White rice*Vegetable ham and rice lo Fried egg l Grilled pork balls lo Fried dumplings lo Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Seaweed soup White rice*Seasoned rice with seaweed lo Fried egg l Grilled Spam lo Mini pork cutlet lo seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup Black rice Fried egg l Stir-fried Vienna ketchup lo braised tofu braised beans vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish Cake Soup Black rice Fried egg l Chicken cutlet 15 dumplings Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6
Lunch	Black rice Seaweed soup curried rice lo Fried sweet potatoes Chili Fusili Salad Seasoned dried radish cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup Stir-fried pork lo Korean japchae lo Seasoned vegetable braised beans cabbage kimchi mixed grains	Black rice bean sprouts soup Chicken cutlet 15 Steamed tofu Black sesame broccoli seasoned Consus cabbage kimchi crispy rice crust	Black rice Kimchi tofu soup Hamburg steak lo Kimchi pancake fresh vegetable salad Seasoned dried fish cabbage kimchi lemon tea	Black rice Seaweed soup Teriyaki Bulgogi lo Seasoned acorn jelly Stir-fried green bean laver cabbage kimchi crispy rice crust	Black rice clear radish soup Boiled vegetable meatballs l o Vegetable mixed noodles Cabbage greens Pickled radish cabbage kimchi	Black rice Fish Cake Soup Steamed monkfish Grilled tofu Radish salad laver cabbage kimchi
코너	Spicy stir-fried chicken 15 Yogurt	soft tofu stew lo Takokayki	Ttukbaegi seafood pasta Mini burger lo	Stir-fried pork bulgogi lo chestnut manju	Kimchi ramen Fried dumplings lo		
Dinner	Black rice Spicy Sausage Stew lo steamed dumpling lo Vegetable croquette Stir-fried mushrooms Pickled radish cabbage kimchi	Black rice Chicken porridge 15 Chili Sweet and Sour Pork lo spiced squid 17 Noodles seasoned red pepper cabbage kimchi	Black rice Seaweed soup Spicy steamed pork lo Glazed sweet potatoes Cabbage greens seasoned bean sprouts cabbage kimchi	Black rice udon soup Mini pork cutlet lo Sausage rice cake lo Stir-fried fish cake Pickled cucumber cabbage kimchi	Black rice Spicy bean sprout soup Yusanseul over rice lo Braised Tofu Spinach sprouts Green onion baguette cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork lo Fried dumplings 15 seasoned bean sprouts braised beans cabbage kimchi	Black rice Potato Sujebi Soup Kkanpung Chicken Ball 15 Fish cake tteokbokki Stir-fried zucchini Pickled radish 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.야황산류sulgate 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish(굴, 전복, 홍합 등) 19. 잣pine nut