



	03월 13일	03월 14일	03월 15일	03월 16일	03월 17일	03월 18일	03월 19일		
b r e a k f a s t	Seaweed soup White rice*Kimchi ham fried rice lo Fried egg 1 Chicken cutlet 15 Grilled tofu Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Curry fried rice lo Fried egg 1 Roasted chicken 15 Spinach sprouts Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Soy sauce rice with pork lo Fried egg 1 Grilled meat balls lo Seasoned Broccoli Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup White rice*Vegetable ham and rice lo Fried egg 1 Stir-fried pork lo Seasoned bean sprouts Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	kimchi tofu soup White rice*Seasoned rice with seaweed lo Fried egg 1 Grilled Spam lo Radish kimchi Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup Black rice Fried egg 1 Stir-fried Vienna ketchup lo braised tofu Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup Black rice Fried egg 1 Chicken cutlet 15 dumplings Boiled nurungji vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	l u n c h b o x	Black rice Seaweed soup Kimchi hamburgers lo Stir-fried glass noodles with pork lo fresh vegetable salad Braised beans cubed radish kimchi	Black rice Soybean Paste Soup Red pepper japchae lo Flower bread Stir-fried fish cake and vegetables Seasoned sesame leaves cabbage kimchi	Black rice bean sprouts soup Red pepper paste bulgogi lo Fried sweet tofu Cabbage wrap Seasoned garlic stems cabbage kimchi	Black rice clear radish soup Meat spaghetti lo Meat spaghetti lo seasoned dried fish jalapeno pickle cabbage kimchi	Black rice kimchi tofu soup Chinese rice with toppings lo Sweet potato matang Sea tangle Seasoned garlic stems cabbage kimchi	Black rice clear radish soup Stir-fried pork with soy sauce lo Kimchi noodles Seaweed salad Seasoned dried radish cabbage kimchi	Black rice udon soup Braised meatballs lo potato croquette Seasoned bean sprouts Braised lotus root cabbage kimchi	
		k o r n	Galbi over rice lo Yogurt	Beef bone noodles lo boiled pork*Seasoned dried radish lo	Tuna Vegetable Bibimbap Takokayki	Pork Back-bone Stew lo Juicy Cool	old lunch box lo Salad bread		
			d i n n e r	Black rice Galbi over rice 15 Stir-fried sausage lo Broccoli citron salad seasoned burdock red-pepper sauce cubed radish kimchi	Rice with bean sprouts Mussel soup Braised pork in soy sauce lo Fusili Cold Pasta laver mixed grains cabbage kimchi	Black rice Spicy Sausage Stew lo Sweet and sour pork lo assorted bean salad Seasoned bean sprouts Ramen noodles cabbage kimchi	Black rice Soybean Paste Soup Stir-fried mala pork lo seasoned konjac vegetables Stir-fried seaweed Braised beans cabbage kimchi	Black rice Fish cake soup Pork cutlet lo Spicy Stir-fried Rice Cake cabbage greens Seasoned sesame leaves cabbage kimchi	Black rice Seaweed soup Braised meatballs lo Steamed fish cake with bean sprouts laver seasoned red pepper 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. 계란류 egg 2. 우유 milk 3. 메밀 buckwheat 4. 땅콩 Peanut 5. 대두 Soybean 6. 밀 wheat 7. 고등어 Mackerel 8. 게 Crab 9. 새우 Shrimp 10. 돼지고기 Pork 11. 복숭아 Peach 12. 토마토 Tomato 13. 아황산류 sulfite 14. 호

두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut