



	07월 03일	07월 04일	07월 05일	07월 06일	07월 07일	07월 08일	07월 09일		
breakfast	Seaweed soup White rice * kimchi fried rice lo Fried egg l Chicken nuggets Stir-fried ham and fish cake vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Udon soup White rice * Curry fried rice lo Fried egg l Grilled chicken 15 Stir-fried Green Bean Mushrooms vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	Tofu kimchi soup White rice * Stir-fried vegetable ham lo Fried egg l Grilled pork balls lo Grilled tofu vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Fish cake soup White rice * Curry fried rice lo Fried egg l Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	bean sprouts soup White rice * Seaweed seasoned rice Fried egg l Stir-fried Vienna vegetables lo Steamed dumplings vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Spicy soybean paste soup Black rice Fried egg l Hamburger steak lo Grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Tofu dried pollack soup Black rice Fried egg l Chicken cutlet 15 blanched broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk		
	lunch	Black rice Seaweed soup pork chop lo Bean sprout japchae Yuja radish salad Seasoned perilla leaves cabbage kimchi	Black rice Udon soup Rice topped with mushroom and pork Mini pork cutlet lo seaweed and bean sprouts Pickled Chili Pepper cabbage kimchi	Black rice Tofu kimchi soup Stir-fried zucchini and pork lo Braised Shrimp Radish Cabbage wrap* Ssamjang braised beans cabbage kimchi	Black rice Fish cake soup Kimchi Hamburger Steak lo Oil Short Pasta lo Stir-fried dried fish Pickled Sweet Cucumber cabbage kimchi	Black rice bean sprouts soup Stir-fried pork with soy sauce lo Deep-fried King Oyster Mushrooms Cucumber chives Braised lotus roots cabbage kimchi	Black rice Spicy soybean paste soup curry rice lo Seasoned Chicken Bowl 15 Stir-fried saesongi Dried Radish Salad cabbage kimchi	Black rice Tofu dried pollack soup Sweet and sour pork Spicy Cold Noodles cucumber greens Seasoned Five-Wife Seasoned cabbage kimchi	
		korean	Chicken rice noodles 15 Takokayki	Soondae Sweet and Sour Pork Soup lo Juicy Cool	Spicy chicken bibimbap Sweet and sour pork	Cold Young Radish Kimchi Noodles tortilla sweet potato pizza	a five-color lunch box Cheese French fries		
			Dinner	Black rice Spicy Beef Soup lo Oriental Dumpling Salad lo Boiled Quail Eggs with Soy Sauce fresh kimchi seasoned dried radish cabbage kimchi	Black rice Spicy perilla chicken soup 15 Grilled mackerel curry 7 Sweet and sour rice cake seasoned dried radish greens Seasoned garlic cabbage kimchi	Black rice Corn cream soup Fish cutlets Tteokbokki with pork lo Bean salad Tartar Sauce cabbage kimchi	Black rice Seafood sujebi soup 17 a small kkanppungilo Steamed soft tofu eggs Braised burdock Pickled radish cabbage kimchi	Black rice Pumpkin Soybean Paste Soup Stir-fried sanjeok tteok lo Seasoned radish and vegetable lo Stir-fried dried shrimp with pumpkin Seasoned perilla leaves cabbage kimchi	Black rice Squirtle Cold Soup Stir-fried pork and kimchi lo Hot tofu Doenjang young radish greens braised beans 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.계란류egg 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