

2018. 1

Seoul Campus Cafeteria Menu

	Monday (1/1)	Tuesday (1/2)	Wednesday (1/3)	Thursday (1/4)	Friday (1/5)
Lunch	Winter Break				
	Monday (1/8) Day C	Tuesday (1/9) Day D	Wednesday (1/10) Day E	Thursday (1/11) Day F	Friday (1/12) Day A
Lunch	쌀밥 달래된장찌개 사태장조림 파프리카잡채 연두부/양념장 배추김치	기장밥 만두국 가자미살구이 푸실리고구마범벅 얼갈이나물 깍두기	쌀밥 북어국 보쌈&새우젓 석류무쌈 어묵채소볶음 보쌈김치	보리쌀밥 육개장 해물굴소스볶음 참나물무침 명엽채조림 배추김치	카레라이스 팽이버섯장국 텐더치킨 과일 백김치
	Monday (1/15) Day B	Tuesday (1/16) Day C	Wednesday (1/17) Day D	Thursday (1/18) Day E	Friday (1/19) Day F
Lunch	혼합잡곡밥 쌀수제비국 파인애플탕수육 감자조림 콩나물무침 배추김치	쌀밥 봄동된장국 찜닭 옥수수채소전 시래기지짐 오이소박이	차조밥 모듬버섯찌개 미트볼케찹조림 진미채무침 깻잎순나물 배추김치	쌀밥 갈비탕 계란말이 섬초무침 우영호두조림 석박지	미트스파게티 크림스프 버터롤 메쉬드포테이토 오이피클
	Monday (1/22) Day A	Tuesday (1/23) Day B	Wednesday (1/24) Day C	Thursday (1/25) Day D	Friday (1/26) Day E
Lunch	쌀밥 근대국 파슬리삼치살구이 두부조림 숙주나물 배추김치	현미밥 김치찌개 함박스테이크 감자채볶음 가지나물 깍두기	쌀밥 조랭이떡국 오징어볶음 연근참살튀김 열무나물 배추김치	찹쌀밥 소고기무국 닭볶음탕 새송이버섯 파래자반 배추김치	우동 떠먹는유부초밥 등심돈까스 요구르트 단무지
	Monday (1/29) Day F	Tuesday (1/30) Day A	Wednesday (1/31) Day B		
Lunch	쌀밥 순두부찌개 닭강정 브로컬리채소볶음 취나물 알타리김치	강황참쌀밥 어묵국 한방돼지갈비찜 무나물 미역줄기볶음 배추김치	쌀밥 우거지된장국 수제소세지볶음 메추리알조림 시금치나물 깍두기		

*** 저희 한국외국인학교에서는 쌀: 국내산, 쇠고기:국내산, 돼지고기:국내산, 닭고기:국내산, 배추김치:국내산(고춧가루:국내산)을 사용합니다.

*** 시장의 사정이나 학교사정에 의하여 약간의 식단 변경이 있을 수 있습니다.

2018. 1

Seoul Campus Cafeteria Menu

	Monday (1/1)	Tuesday (1/2)	Wednesday (1/3)	Thursday (1/4)	Friday (1/5)
Lunch	Winter Break				
	Monday (1/8) Day C	Tuesday (1/9) Day D	Wednesday (1/10) Day E	Thursday (1/11) Day F	Friday (1/12) Day A
Lunch	wild chive doenjang stew boiled pork japchae soft tofu / soy sauce kimchi	dumpling soup pan - fried fish fusilli & sweetpotato salad broiled cabbage radish cube kimchi	dried pollack soup steamed pork boiled fish cake pickled radish kimchi	yukgaejang broiled seafood oyster sauce korean herb salad boiled dry fish kimchi	curry rice mushroom soup chicken tender fruit white kimchi
	Monday (1/15) Day B	Tuesday (1/16) Day C	Wednesday (1/17) Day D	Thursday (1/18) Day E	Friday (1/19) Day F
Lunch	sujebi fried pork in pineapple sauce boiled potato bean sprout salad kimchi	cabage doenjang soup steamed chicken sweetcorn pancake broiled dry leaves cucumber kimchi	mushrooms stew boiled meatball boiled dry fish sesame leaves salad kimchi	beef-rib soup egg roll spinach salad boiled burdock & walnut radish cube kimchi	meat spaghetti cream soup bread mashed potatoes pickled cucumber
	Monday (1/22) Day A	Tuesday (1/23) Day B	Wednesday (1/24) Day C	Thursday (1/25) Day D	Friday (1/26) Day E
Lunch	chard soup pan - fried fish boiled tofu green bean sprout salad kimchi	kimchi stew hamburg steak broiled potato broiled eggplant radish cube kimchi	rice cake soup broiled squid fried lotus root young radish salad kimchi	beef soup with radish boiled chicken broiled pine mushroom broiled laver kimchi	japanese noodles fried tofu rice balls pork cutlet yogurt pickled radish
	Monday (1/29) Day F	Tuesday (1/30) Day A	Wednesday (1/31) Day B		
Lunch	soybean tofu stew fried chicken in sweet sauce broiled broccoli korean herb salad radish kimchi	fish sausage soup steamed pork broiled radish broiled seaweed stems kimchi	bean paste soup with outer leaves broiled sausage quail eggs in soy sauce spinach salad radish cube kimchi		

*** This menu is subject to change depending on food item availability

*** Country of Origin (Rice/Beef/Pork/Chicken/Kimchi(Redpepper powder)) : Korea

2018. 1

Seoul Campus Cafeteria Halal Menu

	Monday (1/1)	Tuesday (1/2)	Wednesday (1/3)	Thursday (1/4)	Friday (1/5)
Lunch	Winter Break				
	Monday (1/8) Day C	Tuesday (1/9) Day D	Wednesday (1/10) Day E	Thursday (1/11) Day F	Friday (1/12) Day A
Lunch	white rice beef boiled down in soy sauce japchae soft tofu / soy sauce vegetable salad kimchi	white rice pan - fried fish fusilli & sweetpotato salad broiled cabbage bread radish cube kimchi	white rice beef bulgogi boiled fish cake pickled radish juice kimchi	white rice steak korean herb salad boiled dry fish corn salad kimchi	white rice janchi guksu fried shrimp vegetable salad/fruit cookie kimchi
	Monday (1/15) Day B	Tuesday (1/16) Day C	Wednesday (1/17) Day D	Thursday (1/18) Day E	Friday (1/19) Day F
Lunch	white rice sweet and sour chicken boiled potato bean sprout salad bread kimchi	white rice steamed chicken sweetcorn pancake broiled dry leaves dried greenlaver salted banana/cucumber kimchi	white rice beef boiled down in soy sauce boiled dry fish sesame leaves salad juice kimchi	white rice beef bulgogi spinach salad boiled burdock & walnut grilled seaweed radish cube kimchi	tomato spaghetti bread fried potato vegetable salad/fruit soybean milk pickled cucumber
	Monday (1/22) Day A	Tuesday (1/23) Day B	Wednesday (1/24) Day C	Thursday (1/25) Day D	Friday (1/26) Day E
Lunch	white rice pan - fried fish boiled tofu green bean sprout salad mandarin kimchi	white rice steak broiled potato broiled eggplant soybean milk radish cube kimchi	white rice broiled squid fried lotus root young radish salad bread kimchi	white rice boiled chicken broiled pine mushroom dried greenlaver salted deep-fried sugar glazed sweet potato wedges	white rice japanese noodles beef bulgogi vegetable salad soft tofu / soy sauce pickled radish
	Monday (1/29) Day F	Tuesday (1/30) Day A	Wednesday (1/31) Day B		
Lunch	white rice fried chicken in sweet sauce broiled broccoli korean herb salad soybean milk radish kimchi	white rice beef boiled down in soy sauce broiled radish broiled seaweed stems bread kimchi	white rice beef bulgogi spinach salad corn salad pineapple radish cube kimchi		

*** This menu is subject to change depending on food item availability

*** Beef is being imported from Australia