

	Mon	Tue	Wed	Thu	Fri
	2	3	4	5	6
Lunch	Bacon&garlic stirred rice ¹⁰ Katsuobushi Udon ⁶ Baked chicken BBQ ^{12 13} Fresh salad (Balsamic dressing) Fresh fruit Handmade pickles Kimchi(Red/White) 630kcal(C103P23F14)	Chajo rice Korean dough soup ⁶ Stirred pork&vegetable ¹⁰ Bean sprouts with Oriental sauce Potato stew Kimchi(Red/White) 534kcal(C90P21F10)	Tomato Penne pasta ^{6 12 14} or Penne oil pasta ⁶ Croissant & Butter ^{1 2 6} Chicken salad ¹³ (Thousand Island dressing) ¹ Fresh fruit Handmade pickles 613kcal(C104P20F13)	Bulgogi Bibimbap ¹⁴ Miso soup Steamed egg ¹ Roasted seaweed Young radish Kimchi White Kimchi 552kcal(C96P24F8)	Pork cutlet Tortilla wrap ^{1 6 10} Orange juice Stirred broccoli Fresh green salad (Apple dressing) Fresh fruit 617kcal(C102P23F13)
Snack	Roll cake ^{1 2 6} Organic milk ²	Morning bread & Strawberry jam ^{1 2 6} Citron juice	Fresh fruit toppings Organic yogurt ²	Barley rice stick Handmade mango juice	Cereal ⁶ Organic milk ²
	9	10	11	12	13
Chuseok Break					
	16	17	18	19	20
Lunch	Yubu sushi ^{5 14} Roasted dumplings ^{6 10} Tomato Tteokbokki ^{6 7 12} Macaroni corn salad ^{1 6} Fresh fruit Handmade pickles Kimchi(Red/White) 622kcal(C104P20F14)	Brown rice Ox bone soup ¹⁴ with noodles ⁶ Quail egg stew ¹ Shredded potatoes ⁶ Seasoned apple&lettuce Young radish Kimchi White Kimchi 569kcal(C92P21F13)	Rice Meatball Gratin ^{6 10 12} Carrot soup ^{2 6} Fruit salad Caesar salad ^{1 6 10} Handmade Pickles Kimchi(Red/White) 643kcal(C103P24F15)	Rice Egg soup ¹ Teriyaki grilled fish ^{6 7} Stirred ham&fishball ^{6 7 10} Ratatouille ¹² Kimchi(Red/White) 586kcal(C93P22F14)	Seafood tomato pasta ^{6 9 12 17} or Aglio e olio ^{6 9 17} Fried chicken ^{2 5 6 13} Mac & Cheese ^{2 6} Lettuce salad (Onion dressing) Handmade pickles 625kcal(C103P24F13)
Snack	Hot dog ^{1 6 10} Strawberry juice	Korean honey cookie ⁶ Handmade blueberry yogart ²	Cheese bread ^{1 2 6} Plum tea	Fresh fruit Bread ^{1 2 6}	Cereal ⁶ Organic milk ²
	23	24	25	26	27
Lunch	Omurice ¹ & Brown sauce ¹² Grilled sausage ¹⁰ Caprese salad ^{2 12} Coleslaw (Oriental dressing) Fresh fruit Handmade pickles Kimchi (Red/White) 621kcal(C104P22F13)	Sorghum rice Clam seaweed soup ¹⁷ Steamed chicken ¹³ Seasoned spinach Fried vegetables ⁶ Kimchi (Red/White) 541kcal(C93P22F9)	Rice Homemade Hamburger Steak ^{1 6 10 12} Cream soup ^{2 6} & Croutons ^{1 2 6} Wedge potato Stirred Green Beans ⁵ Fresh fruit Handmade pickles Kimchi(Red/White) 629kcal(C104P24F13)	Rice Hot spicy vegetable stew Boiled pork ¹⁰ Assorted vegetables with Ssamjang Dried sea lettuce Radish Kimchi White Kimchi 532kcal(C91P24F8)	Gorgonzola Pizza ^{2 6} Tomatosauce ConCarne ¹⁴ Grapefruit ade Vitamin salad (Balsamic dressing) Fresh fruit Handmade pickles 634kcal(C105P22F14)
Snack	Cream Danish ^{1 2 6} Apple juice	Fresh fruit toppings Organic yogurt ²	Grain Bars Homemade Kiwi juice	Handmade pancake ^{1 2 6} Organic milk ²	Roasted sweet potatoes Powdershake made of mixed grains ²
	30	☆ kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram ☆ Country of Origin Information Rice(Korea, pesticide-free), Brown Rice,Black Rice,Sticky Rice(Korea), Beef(Korea), Pork(Korea), Chicken(Korea), Duck(Korea), Tofu,Pureed Soybean Soup,Bean Soup(Bean-Korea), Kimchi(Cabbage,Pepper-Korea), Japanese spanish, squid, mackerel, crab, shellfish(Korea), shrimp(imported), Flounder fish(Russia) ☆ ①egg②dairy③buckwheat④nut⑤soybean⑥wheat⑦fish⑧crab⑨shrimp⑩pork⑪peach⑫tomato ⑬chicken⑭beef⑮squid⑯lamb⑰clam(oyster, ear shell, mussel, etc.) ☆ All menu items are subject to change according to availability ☆ Students who have reported a certain allergy may be offered with an alternative menu			
Lunch	Curry shrimp pilaf ^{2 5 6 9 12 13 14} Oven baked chicken ¹³ Parfelle salad ⁶ Carrot salad Fresh fruit Handmade Pickles Kimchi (Red/White) 620kcal(C105P23F12)				
Snack	Cereal ⁶ Organic milk ²				

	Mon	Tue	Wed	Thu	Fri
	2	3	4	5	6
Lunch	Garlic & vegetables stirred rice Katsuobushi Udon ^⑥ Baked chicken ^{⑫⑬} Fresh salad (Balsamic dressing) Fresh fruit Handmade pickles Kimchi(Red/White) 630kcal(C103P23F14)	Chajo rice Korean dough soup ^⑥ Lamb stew ^⑯ Bean sprouts with Oriental sauce Potato stew Kimchi(Red/White) 534kcal(C90P21F10)	Tomato Penne pasta ^{⑥⑫⑭} or Penne oil pasta ^⑥ Croissant & Butter ^{①②⑥} Chicken salad ^⑬ (Thousand Island dressing) ^① Fresh fruit Handmade pickles 613kcal(C104P20F13)	Bulgogi Bibimbap ^⑭ Miso soup Steamed egg ^① Roasted seaweed Young radish Kimchi White Kimchi 552kcal(C96P24F8)	Chicken Tortilla wrap ^{①⑥⑬} Orange juice Stirred broccoli Fresh green salad (Apple dressing) Fresh fruit 617kcal(C102P23F13)
Snack	Roll cake ^{①②⑥} Organic milk ^②	Morning bread & Strawberry jam ^{①②⑥} Citron juice	Fresh fruit toppings Organic yogurt ^②	Barley rice stick Handmade mango juice	Cereal ^⑥ Organic milk ^②
	9	10	11	12	13
Chuseok Break					
	16	17	18	19	20
Lunch	Yubu sushi ^{⑤⑭} Roasted vegetable dumplings ^⑥ Tomato Tteokbokki ^{⑥⑦⑫} Macaroni corn salad ^{①⑥} Fresh fruit Handmade pickles Kimchi(Red/White) 622kcal(C104P20F14)	Brown rice Ox bone soup ^⑭ with noodles ^⑥ Omelet ^① Shredded potatoes ^⑥ Seasoned apple&lettuce Young radish Kimchi White Kimchi 569kcal(C92P21F13)	Rice Tofuball Gratin ^{①⑤⑫} Carrot soup ^{②⑥} Fruit salad Caesar salad ^{①⑥} Handmade Pickles Kimchi(Red/White) 643kcal(C103P24F15)	Rice Egg soup ^① Teriyaki grilled fish ^{⑥⑦} Stirred bean-sausage & fishball ^{⑤⑥⑦} Ratatouille ^⑫ Kimchi(Red/White) 586kcal(C93P22F14)	Seafood tomato pasta ^{⑥⑨⑫⑰} or Aglio e olio ^{⑥⑨⑰} Fried chicken ^{②⑤⑥⑬} Mac & Cheese ^{②⑥} Lettuce salad (Onion dressing) Handmade pickles 625kcal(C103P24F13)
Snack	Madeleine ^{①②⑥} Strawberry juice	Korean honey cookie ^⑥ Handmade blueberry yogurt ^②	Cheese bread ^{①②⑥} Plum tea	Fresh fruit Bread ^{①②⑥}	Cereal ^⑥ Organic milk ^②
	23	24	25	26	27
Lunch	Omurice ^① & Brown sauce ^⑫ Grilled bean-sausage ^⑤ Caprese salad ^{②⑫} Coleslaw (Oriental dressing) Fresh fruit Handmade pickles Kimchi (Red/White) 621kcal(C104P22F13)	Sorghum rice Clam seaweed soup ^⑰ Steamed chicken ^⑬ Seasoned spinach Fried vegetables ^⑥ Kimchi (Red/White) 541kcal(C93P22F9)	Rice Homemade Hamburger Steak ^{①⑥⑫} Cream soup ^{②⑥} & Croutons ^{①②⑥} Wedge potato Stirred Green Beans ^⑤ Fresh fruit Handmade pickles Kimchi(Red/White) 629kcal(C104P24F13)	Rice Hot spicy vegetable stew Meat Falafel ^{①⑤⑥⑭} Assorted vegetables with Ssamjang Dried sea lettuce Radish Kimchi White Kimchi 532kcal(C91P24F8)	Gorgonzola Pizza ^{②⑥} Tomatosauce ConCarne ^⑭ Grapefruit ade Vitamin salad (Balsamic dressing) Fresh fruit Handmade pickles 634kcal(C105P22F14)
Snack	Cream Danish ^{①②⑥} Apple juice	Fresh fruit toppings Organic yogurt ^②	Grain Bars Homemade Kiwi juice	Handmade pancake ^{①②⑥} Organic milk ^②	Roasted sweet potatoes Powdershake made of mixed grains ^②
	30	☆ Blue colored menu: changed for Halal ☆ kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram ☆ Country of Origin Information Rice(Korea, pesticide-free), Brown Rice,Black Rice,Sticky Rice(Korea), Beef(Korea), Pork(Korea), Chicken(Korea), Duck(Korea), Tofu,Pureed Soybean Soup,Bean Soup(Bean-Korea), Kimchi(Cabbage,Pepper-Korea), Japanese spanish, squid, mackerel, crab, shellfish(Korea), shrimp(imported), Flounder fish(Russia) ☆ ①egg②dairy③buckwheat④nut⑤soybean⑥wheat⑦fish⑧crab⑨shrimp⑩pork⑪peach⑫tomato⑬chicken⑭beef⑮squid⑯lamb⑰clam(oyster, ear shell, mussel, etc.) ☆ All menu items are subject to change according to availability ☆ Students who have reported a certain allergy may be offered with an alternative menu			
Lunch	Curry shrimp pilaf ^{②⑤⑥⑨⑫⑬⑭} Oven baked chicken ^⑬ Parfelle salad ^⑥ Carrot salad Fresh fruit Handmade Pickles Kimchi (Red/White) 620kcal(C105P23F12)				
Snack	Cereal ^⑥ Organic milk ^②				