



| | MON 월 | TUE 화 | WED 수 | THU 목 | FRI 금 |
|-----------|--|---|--|--|---|
| 1주 | 01 로제소스라자냐 ①②⑥⑩⑫ 시금치스프②⑥ 알새우튀김①②⑥⑨ /스위트칠리소스 포도푸딩 양상추샐러드 (랜치드레싱)①② 613kcal(C104P20F13) | 02 백미밥 물졸면①⑥ 돈육바삭불고기⑩ 뚝두부전 ⑤ 애호박나물 백김치/배추겉절이 585kcal(C95P22F13) | 03 마리케리파피자 ①②⑥⑫ 허니닭봉튀김 ①②⑥⑬ 레몬에이드 그린샐러드 (발사믹드레싱) 수제모듬피클 622kcal(C104P20F14) | 04 기장밥 들깨미역국 돈사태찜⑩ 탕평채 콩나물무침⑤ 백김치/포기김치 605kcal(C104P18F13) | 05 수제함박스테이크 ①②⑥⑩⑭/소스 쌀밥 스크램블에그①② 모닝빵①②⑥/딸기잼 양상추샐러드 (요거트드레싱)② 613kcal(C104P20F13) |
| 오전 | 후레쉬빵①②⑥ /수제딸기바나나주스 180kcal | 초코링씨리얼⑥/유기농우유② 175kcal | 과일2중 172kcal | 수제크랜베리퍼먼①②⑥ /유기농우유② 180kcal | 아채어묵바⑥⑦ /복숭아주스⑩ 176kcal |
| 2주 | 08 라구통밀스파게티 ①②⑥⑩⑫ 크림스프②⑥ 몽골리안비프⑭⑰ 열대과일샐러드⑱ (파인애플드레싱)⑱ 수제오이피클 622kcal(C104P20F14) | 09 혼합잡곡밥 우부국⑤ 꿀마늘보쌈⑩ 상추쌈/쌈장 미니새송이조림 백김치/배추겉절이 605kcal(C104P18F13) | 10 국회의원 선거일  | 11 흑미밥 아욱된장국 훈제오리볶음 /허니머스타드① 부추겉절이 다시마튀각 백김치/포기김치 585kcal(C95P22F13) | 12 짜장볶음우동 ⑤⑥⑩⑰ 게살스프①⑧ 갈비군만두①⑥⑩ 청경채샐러드 (참깨드레싱) 수제단무지 622kcal(C104P20F14) |
| 오전 | 참쌀경단/식혜 182kcal | 수제러스크②⑥/유기농우유② 180kcal | | 찐옥수수/한라봉주스 179kcal | 뮤즐리⑤/유기농요거트② 175kcal |
| 3주 | 15 불고기퀘사디아 ①②⑥⑩⑭ 수제생선커렛 ①②⑥⑦/사우전소스① 에그프리카타①② 카프레제②⑫ (발사믹드레싱) 수제모듬피클 613kcal(C104P20F13) | 16 백미밥 설렁탕⑭/소면사리⑥ 돈육골소스볶음⑩⑰ 어묵조림⑥⑦ 흑임자브로콜리무침 수제깍두기/깍두기 605kcal(C104P18F13) | 17 <레트로키즈밀> 수제페사추리소세지빵 ①②⑥⑩⑫ 양송이스프②⑥ 수제치킨텐더①②⑥⑬ /레몬마요소스 ABC주스④ 비타민샐러드 (오리엔탈드레싱) 622kcal(C104P20F14) | 18 수수밥 된장찌개 소불고기⑭ 부추전⑥/양념장 시금치들깨무침 백김치/포기김치 585kcal(C95P22F13) | 19 코티지파이 ①②⑥⑩⑫ 바베큐치킨구이⑬ 파르펠레נג파스타①②⑥ 그린빈스구이⑤ 라디치오샐러드 (자두드레싱) 622kcal(C104P20F14) |
| 오전 | 유자시몬케익①②⑥ /유기농우유② 182kcal | 과일2중 172kcal | 수제약식/수제망고주스 180kcal | 슈크림파이①②⑥ /유기농매실차 180kcal | 우리밀약과⑥&한과 /유기농우유② 182kcal |
| 4주 | 22 투움바스파게티 ①②⑥⑩ 폭잡스테이크⑩ 갈릭파이①②⑥ 베이비채소샐러드 (이탈리안드레싱) 수제모듬피클 622kcal(C104P20F14) | 23 현미밥 굴림만두국①③⑩ 간장찜닭⑬ 연근강정⑥/강정소스 구이김 백김치/포기김치 585kcal(C95P22F13) | 24 수제등심커렛 ①②⑥⑩/소스 온메밀③⑦ 치즈맛웨이감자② 석류&베르가모트주스 양배추샐러드 (블루베리드레싱) 613kcal(C104P20F13) | 25 백미밥 두부장국⑤ 수제떡갈비①②⑥⑩⑭ /소스 한식잡채⑩ 가지볶음 백김치/포기김치 585kcal(C95P22F13) | 26 블로네제라자냐 ①②⑥⑩⑫⑭ 수제오징어튀김①②⑥⑮ /타르타르소스① 과일 새송이버터구이② 유러피안샐러드 (시저드레싱)①② 605kcal(C104P18F13) |
| 오전 | 우리밀핫도그①②⑥⑩&케찹⑫ /포도주스 180kcal | 과일도핑/유기농요거트② 175kcal | 과배기도넛①②⑥ /유기농우유② 193kcal | 포자찐만두①⑥⑩/오렌지주스 192kcal | 수제블루베리후렌치파이 ①②⑥ /유기농오미자차 194kcal |
| 5주 | 29 고르곤졸라피자 ①②⑥ 수제후라이드치킨 ①②⑥⑬ 복숭아주스① 모듬채소샐러드 (오리엔탈드레싱) 수제오이피클 622kcal(C104P20F14) | 30 백미밥 하와이안카레소스 ②⑥⑱ 소세지양파볶음⑩ 수제오븐오꼬노미야끼 ①②⑥⑦ 짜먹는요거트② 백김치/포기김치 585kcal(C95P22F13) | [4월의 추천 식재료] 투스 투스 칼슘과 철분, 요오드, 마그네슘 등 각종 영양소가 풍부해 바다의 불로초라 불립니다. 투스의 칼슘과 마그네슘은 뼈 건강을 증진시켜 골다공증의 예방과 어린이의 성장에 도움을 주고, 철분이 풍부해 빈혈 예방에 좋습니다. 특히 투스의 알긴산, 후코이단 성분은 혈관에 쌓인 콜레스테롤, 중금속 등 각종 노폐물을 배출시켜 혈액을 맑게 합니다. | | |
| 오전 | 우리쌀씨리얼⑥/유기농우유② 175kcal | 꿀떡/수제사과당근주스④ 180kcal | | | |

● 원산지 표시안내

쌀(국내산 유기농), 현미, 흑미, 참쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 두부,콩비지,콩국수(콩-국내산), 배추김치(배추-국내산,고춧가루-국내산), 삼치,아귀,오징어,고등어,꽃게,패류(국내산), 새우(베트남산), 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산)
①난류 ②유제품 ③매일 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬닭류 ⑭쇠고기 ⑮오징어 ⑯양고기 ⑰조개류(굴,전복,홍합포함) ⑱파인애플

과일은 계절과일로 제공되고 있으며, 해당과일에 따른 알러지케어가 이루어지고 있습니다.

● 영양성분 안내

Kcal: calorie(칼로리,열량), C: carbohydrate(탄수화물), P:protein(단백질), F:fat(지방)을 의미하며 C,P,F 옆의 숫자는 식품에 함유된 각 영양성분의 무게(g)를 의미합니다.

1인 평균 제공량 기준으로 작성되었으며, 개인의 섭취량에 따라 달라질 수 있습니다





| | MON 월 | TUE 화 | WED 수 | THU 목 | FRI 금 |
|----|---|--|---|--|---|
| 1주 | 01 로제소스라자냐 ①②⑥⑫ 시금치스프②⑥ 알새우튀김①②⑥⑨ /스위트칠리소스 포도푸딩 양상추샐러드 (랜치드레싱)①② 613kcal(C104P20F13) | 02 백미밥 물쫄면①⑥ 콩불고기⑥⑬ 롯데부전 ⑤ 애호박나물 백김치/배추겉절이 585kcal(C95P22F13) | 03 마리제리따피자 ①②⑥⑫ 허니닭튀김①②⑥⑬ 레몬에이드 그리샐러드 (발사믹드레싱) 수제모듬피클 622kcal(C104P20F14) | 04 기장밥 들깨미역국 양고기구이⑬ 탕평채 콩나물무침⑤ 백김치/포기김치 605kcal(C104P18F13) | 05 베지스테이크 ⑤⑥/소스 쌀밥 스크램블에그①② 모닝빵①②⑥/딸기잼 양상추샐러드 (요거트드레싱)② 613kcal(C104P20F13) |
| | 후레쉬빵①②⑥ /수제딸기바나나주스 180kcal | 초코링씨리얼⑥/유기농우유② 175kcal | 과일2종 172kcal | 수제크랜베리퍼먼①②⑥ /유기농우유② 180kcal | 아채어묵바⑥⑦ /복숭아주스⑩ 176kcal |
| 2주 | 08 라구통밀스파게티 ①②⑥⑫ 크림스프②⑥ 몽골리안비프⑬⑰ 열대과일샐러드⑱ (파인애플드레싱)⑱ 수제오이피클 622kcal(C104P20F14) | 09 혼합잡곡밥 유부국⑤ 양고기볶음⑬ 상추쌈/쌈장 미니새송이조림 백김치/배추겉절이 605kcal(C104P18F13) | 10 국회의원 선거일  | 11 흑미밥 아욱된장국 콩고기볶음⑤⑥ 부추겉절이 다시마튀각 백김치/포기김치 585kcal(C95P22F13) | 12 짜장볶음우동 ⑤⑥⑰ 게살스프①⑧ 새우군만두①⑥⑨ 청경채샐러드 (참깨드레싱) 수제단무지 622kcal(C104P20F14) |
| | 찹쌀경단/식혜 182kcal | 수제러스크②⑥/유기농우유② 180kcal | | 찐옥수수/한라봉주스 179kcal | 뮤즐리⑤/유기농요거트② 175kcal |
| 3주 | 15 퀘사디아 ①②⑥⑫ 수제생선커를렛 ①②⑥⑦/사우전소스① 에그프리카타①② 카프레제②⑫ (발사믹드레싱) 수제모듬피클 613kcal(C104P20F13) | 16 백미밥 계란국① 양고기굴소스볶음⑬⑰ 어묵조림⑥⑦ 흑임자브로콜리무침 수제깍두기/깍두기 605kcal(C104P18F13) | 17 <레트로키즈밀> 수제페스츰리소세지빵 ①②⑤⑥⑫ 양송이스프②⑥ 수제치킨텐더①②⑥⑬ /레몬마요소스 ABC주스④ 비타민샐러드 (오리엔탈드레싱) 622kcal(C104P20F14) | 18 수수밥 된장찌개 베지너비아니⑤⑥ 부추전⑥/양념장 시금치들깨무침 백김치/포기김치 585kcal(C95P22F13) | 19 코티지파이 ①②⑥⑫ 바베큐치킨구이⑬ 파르펠레냉파스타①②⑥ 그린빈스구이⑤ 라디치오샐러드 (자두드레싱) 622kcal(C104P20F14) |
| | 유자시몬케익①②⑥ /유기농우유② 182kcal | 과일2종 172kcal | 수제약식/수제망고주스 180kcal | 슈크림파이①②⑥ /유기농매실차 180kcal | 우리밀약과⑥&한과 /유기농우유② 182kcal |
| 4주 | 22 투움바스파게티 ①②⑥ 양고기스테이크⑬ 칼라파이①②⑥ 베이비채소샐러드 (이탈리안드레싱) 수제모듬피클 622kcal(C104P20F14) | 23 현미밥 만두국①⑥⑨ 간장찜닭⑬ 연근강정⑥/강정소스 구이김 백김치/포기김치 585kcal(C95P22F13) | 24 소이커틀렛 ⑥⑥/소스 온메밀③⑦ 치즈맛웨이즈감자② 석류&베르가모트주스 양배추샐러드 (블루베리드레싱) 613kcal(C104P20F13) | 25 백미밥 두부장국⑤ 베지스테이크⑤⑥ /소스 한식잡채⑩ 가지볶음 백김치/포기김치 585kcal(C95P22F13) | 26 볼로네제라자냐 ①②⑥⑫ 수제오징어튀김①②⑥⑬ /타르타르소스① 과일 새송이버터구이② 유러피안샐러드 (시저드레싱)①② 605kcal(C104P18F13) |
| | 후레쉬빵①②⑥ /포도주스 180kcal | 과일토폭/유기농요거트② 175kcal | 파배기도넛①②⑥ /유기농우유② 193kcal | 찐만두①⑥⑨/오렌지주스 192kcal | 수제블루베리후렌치파이 ①②⑥ /유기농오미자차 194kcal |
| 5주 | 29 고르곤졸라피자 ①②⑥ 수제후라이드치킨 ①②⑥⑬ 복숭아주스⑩ 모듬채소샐러드 (오리엔탈드레싱) 수제오이피클 622kcal(C104P20F14) | 30 백미밥 하와이안카레소스 ②⑥⑱ 소세지양파볶음⑤⑥ 수제오븐오코노미야끼 ①②⑥⑦ 짜먹는요거트② 백김치/포기김치 585kcal(C95P22F13) | [4월의 추천 식재료] 투스 투스는 칼슘과 철분, 요오드, 마그네슘 등 각종 영양소가 풍부해 바다의 불로초라 불립니다. 투스의 칼슘과 마그네슘은 뼈 건강을 증진시켜 골다공증의 예방과 어린이의 성장에 도움을 주고, 철분이 풍부해 빈혈 예방에 좋습니다. 특히 투스의 알긴산, 후코이단 성분은 혈관에 쌓인 콜레스테롤, 중금속 등 각종 노폐물을 배출시켜 혈액을 맑게 합니다. | | |
| | 우리쌀씨리얼⑥/유기농우유② 175kcal | 꿀떡/수제사과당근주스④ 180kcal | | | |

● 원산지 표시안내

쌀(국내산 유기농), 현미, 흑미, 찹쌀(국내산 친환경), 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산), 두부,콩비지,콩국수(콩-국내산), 배추김치(배추-국내산,고춧가루-국내산), 삼치,아귀,오징어,고등어,꽃게,패류(국내산), 새우(베트남산), 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산)
 ①난류 ②유제품 ③매일 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬닭류 ⑭쇠고기 ⑮오징어 ⑯양고기 ⑰조개류(굴,전복,홍합포함) ⑱파인애플

과일은 계절과일로 제공되고 있으며, 해당과일에 따른 알러지케어가 이루어지고 있습니다.


● 영양성분 안내

Kcal: calorie(칼로리,열량), C: carbohydrate(탄수화물), P:protein(단백질), F:fat(지방)을 의미하며 C,P,F 옆의 숫자는 식품에 함유된 각 영양성분의 무게(g)를 의미합니다.

1인 평균 제공량 기준으로 작성되었으며, 개인의 섭취량에 따라 달라질 수 있습니다





| | MON | TUE | WED | THU | FRI |
|--------|--|--|---|---|--|
| 1 Week | 01 Rosé sauce lasagna ^{①②⑥⑩⑫} Spinach soup ^{②⑥} Fried shrimp ^{①②⑥⑨} /sweet chili sauce Grape pudding Lettuce salad (Ranch dressing) ^{①②} 613kcal(C104P20F13) | 02 Rice Noodles soup ^{①⑥} Pork bulgogi ^⑩ Fusiformis & tofu pancakes ^⑤ Seasoned zucchini Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 03 Marigherita pizza ^{①②⑥⑫} Honey fried chicken ^{①②⑥⑬} Lemonade Green salad (Balsamic dressing) Homemade assorted pickles 622kcal(C104P20F14) | 04 Millet rice Perilla seaweed soup Steamed pork ^⑩ Mung bean jelly salad Seasoned bean sprout ^⑤ Non-spicy kimchi /kimchi 605kcal(C104P18F13) | 05 Homemade hamburger steak ^{①②④⑩⑭} /sauce Rice Scrambled eggs ^{①②} Morning bread ^{①②⑥} /strawberry jam Lettuce salad (Yogurt dressing) ^② 613kcal(C104P20F13) |
| | Snack Bread ^{①②⑥} /Homemade strawberry banana juice 180kcal | Chocolate ring cereal ^⑥ /Organic milk ^② 175kcal | 2 Kinds of fruits 172kcal | Homemade cranberry muffins ^{①②⑥} /Organic milk ^② 180kcal | Vegetable fish cake ^{⑥⑦} /Peach juice ^⑩ 176kcal |
| 2 Week | 08 Ragu whole wheat spaghetti ^{①②④⑩⑫} Cream soup ^{②④} Mongolian beef ^{④⑭} Tropical fruits salad ^⑩ (Pineapple dressing) ^⑩ Homemade cucumber pickles 622kcal(C104P20F14) | 09 Mixed grain rice Tofu soup ^⑤ Honey garlic bossam ^⑩ Lettuce ssam/ssamjang Stewed mushrooms Non-spicy kimchi /kimchi 605kcal(C104P18F13) | 10 National Assembly Election  | 11 Black rice Mallow bean paste soup Stir-fried smoked duck /honey mustard ^① Seasoned chives Fried kelp Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 12 Stir-fried jjajang udon ^{⑤⑥⑩⑭} Crab soup ^{①⑧} Dumplings ^{①④⑩} Bok choy salad (Sesame dressing) Handmade pickled radish 622kcal(C104P20F14) |
| | Snack Glutinous rice cake /Sikhye (sweet rice drink) 182kcal | Homemade rusk ^{②⑥} /Organic milk ^② 180kcal | | Steamed corn /Hallabong juice 179kcal | Muesli ^⑤ /Organic yogurt ^② 175kcal |
| 3 Week | 15 Bulgogi quesadilla ^{①②⑥⑫⑭} Homemade fish cutlets ^{①②⑥⑦} /thousand sauce ^① Egg frittata ^{①②} Caprese ^{②⑫} (Balsamic dressing) Homemade assorted pickles 613kcal(C104P20F13) | 16 Rice Seolleongtang ^⑭ /noodles Stir-fried pork with oyster sauce ^{⑩⑭} Stewed fish cake ^{⑥⑦} Seasoned black sesame broccoli Homemade radish kimchi /radish kimchi 605kcal(C104P18F13) | 17 <Retro Kiz Meal> Home made pastry sausage bread ^{①②⑥⑩⑫} Button mushroom soup ^{②④} Homemade chicken tenders ^{①②⑥⑬} /lemon mayo sauce ABC juice ^④ Vitamin salad (Oriental dressing) 622kcal(C104P20F14) | 18 Sorghum rice Soy bean paste soup Beef bulgogi ^⑭ Chive pancake ^⑥ /seasoning sauce Spinach seasoned with perilla seeds Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 19 Cottage pie ^{①②⑥⑩⑫} BBQ grilled chicken ^⑬ Farfalle cold pasta ^{①②⑥} Grilled green beans ^⑤ Radicchio salad (Plum dressing) 622kcal(C104P20F14) |
| | Snack Citron cupcake ^{①②⑥} /Organic milk ^② 182kcal | 2 Kinds of fruits 172kcal | Homemade yaksik/ Homemade mango juice 180kcal | Custard cream pie ^{①②⑥} /Organic plum tea 180kcal | Korean wheat honey cookie ^⑤ &yugwa /Organic milk ^② 182kcal |
| 4 Week | 22 Toowoomba spaghetti ^{①②⑥⑩} Pork chop steak ^⑩ Garlic pie ^{①②⑥} Baby vegetable salad (Italian dressing) Homemade assorted pickles 622kcal(C104P20F14) | 23 Brown rice Dumpling soup ^{①⑥⑩} Steamed chicken with soy sauce ^⑬ Fried lotus root ^⑥ /sauce Roasted seaweed Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 24 Homemade sirloin outlet ^{①②⑥⑩} /sauce Warm buckwheat noodles ^{③⑦} Cheese flavored wedge potatoes ^② Pomegranate &bergamot Juice Cabbage salad (Blueberry dressing) 613kcal(C104P20F13) | 25 Rice Tofu soup ^⑤ Homemade tteokgalbi ^{①②⑥⑩⑭} /sauce Korean japchae ^⑩ Stir-fried eggplant Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 26 Bolognese lasagna ^{①②⑥⑩⑫⑭} Homemade fried squid ^{①②④⑤} /tartar sauce ^① Fruits Grilled mushroom butter ^② European salad (Caesar dressing) ^{①②} 605kcal(C104P18F13) |
| | Snack Hot dog ^{①②⑥⑩} &ketchup ^⑫ /Grape juice 180kcal | Fruits topping /Organic yogurt ^② 175kcal | Twisted donuts ^{①②⑥} /Organic milk ^② 193kcal | Steamed dumplings ^{①⑥⑩} /Orange juice 192kcal | Homemade blueberry french pie ^{①②⑥} /Organic schisandra tea 194kcal |
| 5 Week | 29 Gorgonzola pizza ^{①②④} Homemade fried chicken ^{①②⑥⑬} Peach juice ^⑩ Assorted vegetable salad (Oriental dressing) Homemade cucumber pickles 622kcal(C104P20F14) | 30 Rice Hawaiian curry sauce ^{②⑥⑩} Stir-fried sausage & onion ^⑩ Homemade oven okonomiyaki ^{①②⑥⑦} Yogurt ^② Non-spicy kimchi /kimchi 585kcal(C95P22F13) | [Recommended ingredients for April] Fusiformis Fusiformis is called the "elixir plant of the sea" because it is rich in calcium, iron, iodine, magnesium, and other nutrients. The calcium and magnesium in Fusiformis promote bone health, helping to prevent osteoporosis and support children's growth, and the iron in Fusiformis helps to prevent anaemia. In particular, the alginic acid and fucoidan in Fusiformis helps to clear the blood by removing various wastes such as cholesterol and heavy metals that have accumulated in the blood vessels. | | |
| | Snack Rice cereal ^⑥ /Organic milk ^② 175kcal | Honey rice cake /Homemade apple carrot juice ^④ 180kcal | | | |

● Country of Origin Information

Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local, red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaska pollock (Russian), tuna (oceanic), dried anchovy (Indonesian)

● kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram

It is written based on the average serving amount per person, and may vary depending on the individual's intake

① egg ② dairy ③ buckwheat ④ apple ⑤ soybean ⑥ wheat ⑦ fish ⑧ crab ⑨ shrimp ⑩ pork ⑪ peach ⑫ tomato ⑬ chicken ⑭ beef ⑮ squid ⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple


All menu items are subject to change according to availability

☆ Students who have reported a certain allergy may be offered with an alternative menu



*The above diet is subject to change depending on food supply and demand. | Kizmeal Sang a Park Nutritionist qqlcm5@kizmeal.com



| | MON | TUE | WED | THU | FRI |
|---------------|---|---|---|---|--|
| 1 Week | 01 Rosé sauce lasagna ¹ ² ⁶ ¹² Spinach soup ² ⁶ Fried shrimp ¹ ² ⁶ ⁹ /sweet chili sauce Grape pudding Lettuce salad (Ranch dressing) ¹ ² 613kcal(C104P20F13) | 02 Rice Noodles soup ¹ ⁶ Bean bulgogi ⁶ ¹³ Fusiformis & tofu pancakes ⁶ Seasoned zucchini Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 03 Marigherita pizza ¹ ² ⁶ ¹² Honey fried chicken ¹ ² ⁶ ¹³ Lemonade Green salad (Balsamic dressing) Homemade assorted pickles 622kcal(C104P20F14) | 04 Millet rice Perilla seaweed soup Roast lamb ¹⁶ Mung bean jelly salad Seasoned bean sprout ⁶ Non-spicy kimchi /kimchi 605kcal(C104P18F13) | 05 Veggie steak ⁶ ¹⁶ /sauce Rice Scrambled eggs ¹ ² Morning bread ¹ ² ⁶ /Strawberry jam Lettuce salad (Yogurt dressing) ² 613kcal(C104P20F13) |
| Snack | Bread ¹ ² ⁶ /Homemade strawberry banana juice 180kcal | Chocolate ring cereal ⁶ /Organic milk ² 175kcal | 2 Kinds of fruits 172kcal | Homemade cranberry muffins ¹ ² ⁶ /Organic milk ² 180kcal | Vegetable fish cake ⁶ ⁷ /Peach juice ¹¹ 176kcal |
| 2 Week | 08 Ragu whole wheat spaghetti ¹ ² ⁶ ¹² Cream soup ² ⁶ Mongolian beef ¹⁴ ¹⁷ Tropical fruits salad ¹⁸ (Pineapple dressing) ¹⁸ Homemade cucumber pickles 622kcal(C104P20F14) | 09 Mixed grain rice Tofu soup ⁶ Stir-fried lamb ¹⁶ Lettuce ssam/ssamjang Stewed mushrooms Non-spicy kimchi /kimchi 605kcal(C104P18F13) | 10 National Assembly Election  | 11 Black rice Mallow bean paste soup Stir-fried bean meat ⁶ ¹⁶ /honey mustard ¹ Seasoned chives Fried kelp Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 12 Stir-fried jjajang udon ⁶ ¹⁶ ¹⁷ Crab soup ¹ ⁸ Dumplings ¹ ⁶ ⁹ Bok choy salad (Sesame dressing) Handmade pickled radish 622kcal(C104P20F14) |
| Snack | Glutinous rice cake /Sikhye 182kcal | Homemade rusk ² ⁶ /Organic milk ² 180kcal | | Steamed corn /Hallabong juice 179kcal | Muesli ⁶ /Organic yogurt ² 175kcal |
| 3 Week | 15 Quesadilla ¹ ² ⁶ ¹² Homemade fish cutlets ¹ ² ⁶ ⁷ /thousand sauce ¹ Egg frittata ¹ ² Caprese ² ¹² (Balsamic dressing) Homemade assorted pickles 613kcal(C104P20F13) | 16 Rice Egg soup ¹ Stir-fried lamb with oyster sauce ¹⁶ ¹⁷ Stewed fish cake ⁶ ⁷ Seasoned black sesame broccoli Homemade radish kimchi /radish kimchi 605kcal(C104P18F13) | 17 <Retro Kiz Meal> Home made pastry sausage bread ¹ ² ⁶ ¹² Button mushroom soup ² ⁶ Homemade chicken tenders ¹ ² ⁶ ¹³ /lemon mayo sauce ABC juice ⁴ Vitamin salad (Oriental dressing) 622kcal(C104P20F14) | 18 Sorghum rice Soy bean paste soup Vegetable tteokgalbi ⁶ ¹⁶ Chive pancake ⁴ /seasoning sauce Spinach seasoned with perilla seeds Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 19 Cottage pie ¹ ² ⁶ ¹² BBQ grilled chicken ¹³ Farfalle cold pasta ¹ ² ⁶ Grilled green beans ⁶ Radicchio salad (Plum dressing) 622kcal(C104P20F14) |
| Snack | Citron cupcake ¹ ² ⁶ /Organic milk ² 182kcal | 2 Kinds of fruit 172kcal | Homemade yaksik/ Homemade mango juice 180kcal | Custard cream pie ¹ ² ⁶ /Organic plum tea 180kcal | Korean wheat honey cookie ⁶ ¹⁶ &yugwa /Organic milk ² 182kcal |
| 4 Week | 22 Toowoomba spaghetti ¹ ² ⁶ Lamb steak ¹⁶ Garlic pie ¹ ² ⁶ Baby vegetable salad (Italian dressing) Homemade assorted pickles 622kcal(C104P20F14) | 23 Brown rice Dumpling soup ¹ ⁶ ⁹ Steamed chicken With soy sauce ¹³ Fried lotus root ⁶ /sauce Roasted seaweed Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 24 Veggie cutlet ⁶ ¹⁶ /sauce Warm buckwheat noodles ³ ⁷ Cheese flavored wedge potatoes ² Pomegranate &bergamot Juice Cabbage salad (Blueberry dressing) 613kcal(C104P20F13) | 25 Rice Tofu soup ⁶ Veggie steak ⁶ ¹⁶ /sauce Korean japchae ¹⁰ Stir-fried eggplant Non-spicy kimchi /kimchi 585kcal(C95P22F13) | 26 Bolognese lasagna ¹ ² ⁶ ¹² Homemade fried squid ¹ ² ⁶ ¹⁶ /tartar sauce ¹ Fruits Grilled mushroom butter ² European salad (Caesar dressing) ¹ ² 605kcal(C104P18F13) |
| Snack | Bread ¹ ² ⁶ /Grape juice 180kcal | Fruits topping /Organic yogurt ² 175kcal | Twisted donuts ¹ ² ⁶ /Organic milk ² 193kcal | Steamed dumplings ¹ ⁶ ⁹ /Orange juice 192kcal | Homemade blueberry french pie ¹ ² ⁶ /Organic schisandra tea 194kcal |
| 5 Week | 29 Gorgonzola pizza ¹ ² ⁶ Homemade fried chicken ¹ ² ⁶ ¹³ Peach juice ¹¹ Assorted vegetable salad (Oriental dressing) Homemade cucumber pickles 622kcal(C104P20F14) | 30 Rice Hawaiian curry sauce ² ⁶ ¹⁸ Stir-fried sausage & onion ⁶ ¹³ Homemade oven okonomiyaki ¹ ² ⁶ ⁷ Yogurt ² Non-spicy kimchi /kimchi 585kcal(C95P22F13) | [Recommended ingredients for April] Fusiformis Fusiformis is called the "elixir plant of the sea" because it is rich in calcium, iron, iodine, magnesium, and other nutrients. The calcium and magnesium in Fusiformis promote bone health, helping to prevent osteoporosis and support children's growth, and the iron in Fusiformis helps to prevent anaemia. In particular, the alginic acid and fucoidan in Fusiformis helps to clear the blood by removing various wastes such as cholesterol and heavy metals that have accumulated in the blood vessels. | | |
| Snack | Rice cereal ⁶ /Organic milk ² 175kcal | Honey rice cake /Homemade apple carrot juice ⁴ 180kcal | | | |

● Country of Origin Information

Rice (local organic), brown rice, black rice, glutinous rice (local eco-friendly), beef (local), pork (local), chicken (local), duck meat (local), tofu, soybean paste, soybean noodles (soybean - local), kimchi made with cabbage (cabbage - local, red pepper powder - local), mackerel, anglerfish, squid, mackerel, flower crab, shellfish (local), shrimp (Vietnamese), Alaska pollock (Russian), tuna (oceanic), dried anchovy (Indonesian)

● kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram

It is written based on the average serving amount per person, and may vary depending on the individual's intake

① egg ② dairy ③ buckwheat ④ apple ⑤ soybean ⑥ wheat ⑦ fish ⑧ crab ⑨ shrimp ⑩ pork ⑪ peach ⑫ tomato ⑬ chicken ⑭ beef ⑮ squid ⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple

All menu items are subject to change according to availability

☆ Students who have reported a certain allergy may be offered with an alternative menu

