



	MON 월	TUE 화	WED 수	THU 목	FRI 금
1주	[8월의 추천 식재료] 가지 가지의 보라색 성분인 안토시아닌은 항산화물질로 암 예방에 효과적이며, 혈관 속 노폐물을 제거하는데 도움을 주어 동맥경화, 고혈압 예방에도 도움을 줍니다.			01	02
오전					
2주	05	06	07	08	09
오전				투움바스파게티 ①②⑥⑩ 허니닭볶튀김⑥⑬ 브로콜리아호박구이 과일 로메인샐러드 (이탈리안드레싱) 622kcal(C104P20F14)	
				현미마들렌①②⑥ /사과푸른주스④ 178kcal	
3주	12 코티지파이 ②⑩⑫ 크림스프②⑥ 소세지구이⑩ 칼릭파이①②⑥ 유러피안샐러드 (요거트드레싱)② 613kcal(C104P20F13)	13 백미밥 두부장국⑤ 돈육바삭불고기⑩ 국물떡볶이⑥⑦ 가지야채튀김⑥ 백김치/포기김치 585kcal(C95P22F13)	14 수제함박스테이크 ①②④⑩⑭/소스 냉모밀③⑦ 웨지감자/케찹⑫ 모듬콩토핑샐러드⑤ (파인애플드레싱) ⑱ 수제오이피클 622kcal(C104P20F14)	15  광복절	16 고르곤졸라피자 ①②⑥ 수제오징어튀김①②⑥⑬ /타르타르소스① 베이컨그린빈스구이⑤⑩ 수제레몬에이드 라디치오샐러드 (발사믹드레싱) 622kcal(C104P20F14)
오전	모듬채소죽 175kcal	코코아볼씨리얼⑥ /유기농우유② 176kcal	시나몬과배기①②⑥ /포도주스 185kcal		
4주	19 <레트로키즈밀> 생모짜렐라토마토스파게티 ①②⑥⑫ 바베큐닭wing구이⑬ 솔티드카리엘꽃빵①②⑥ 비타민샐러드 (시저드레싱)①② 수제모듬피클 613kcal(C104P20F13)	20 수수밥 들깨미역국 소불고기⑭ 청포묵무침⑤ 시금치나물 백김치/포기김치 605kcal(C104P18F13)	21 수제여거슈니첼 ①②⑥⑩ 순두부토마토스튜⑤⑫ 파르펠레냉파스타①②⑥⑫ 단호박무스② 양배추샐러드 (키위드레싱) 613kcal(C104P20F13)	22 기장밥 된장찌개 훈제오리볶음/ 머스타드소스 다시마튀각 파프리카청경채무침 백김치/포기김치 585kcal(C95P22F13)	23 로제소스라자냐 ①②⑥⑩⑫ 수제페스타치오샐러드 ①②⑥ 하와이안참스테이크⑩ 망고젤리스틱 베이비채소샐러드 (패션후르츠드레싱) 622kcal(C104P20F14)
오전	채소어묵바⑥⑦⑧&케찹⑫ /수제딸기주스 184kcal	슈크림파이①②⑥ /유기농우유② 185kcal	포자짬만두①⑥⑩ /복숭아주스⑪ 186kcal	크림치즈샌드위치①②⑥ /유자주스 185kcal	한과2종⑥/유기농우유② 176kcal
5주	26 퀘사디아①②⑥/ 사워크림②&과카몰리⑫ 몽골리안비프⑭ 에그프리타타①② 마리네이드토마토⑫ 치커리샐러드 (사과드레싱)④ 613kcal(C104P20F13)	27 백미밥 아욱국 마늘보쌈⑩ 상추쌈&쌈장 두부구이⑤ 백김치/배추겉절이 605kcal(C104P18F13)	28 콘치즈한도그 ①②⑥⑩ 알새우튀김①②⑥⑨ /스위트칠리소스 사인머스켓주스 모듬채소구이 양상추샐러드 (오리엔탈드레싱) 622kcal(C104P20F14)	29 귀리밥 소고기뭇국⑭ 닭갈비⑩ 여목조림⑥⑦ 오이사과생채④ 백김치/열무김치 585kcal(C95P22F13)	30 유니짜장면 ⑤⑥⑩ 게살스프①⑧ 수제참살퀴바로우 ①②⑥⑩/소스 파사파사샐러드 (참깨드레싱) 수제단무지 613kcal(C104P20F13)
오전	뮤즐리⑥/유기농요거트② 175kcal	수제마스카포네머핀①②④ /유기농우유② 179kcal	과일2종 175kcal	바람떡/식혜 183kcal	군고구마/오렌지주스 178kcal

● 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 ③메밀 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬달류 ⑭쇠고기 ⑮오징어 ⑯양고기
 ⑰조개류(굴,전복,홍합포함) ⑱파인애플

과일은 제철과일로 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	[8월의 추천 식재료] 가지 가지의 보라색 성분인 안토시아닌은 항산화물질로 암 예방에 효과적이며, 혈관 속 노폐물을 제거하는데 도움을 주어 동맥경화, 고혈압 예방에도 도움을 줍니다.			01	02
오전					
2주	05	06	07	08	09
오전				투움바스파게티 ①②④ 허니닭튀김⑥⑬ 브로콜리아호박구이 과일 로메인샐러드 (이탈리안드레싱) 622kcal(C104P20F14)	
				현미마들렌①②④ /사과푸른주스④ 178kcal	
3주	12 코티지파이 ②⑫ 크림스프②⑥ 소세지구이⑥④ 칼릭파이①②④ 유러피안샐러드 (요거트드레싱)② 613kcal(C104P20F13)	13 백미밥 두부장국⑤ 양고기볶음⑬ 국물떡볶이④⑦ 가지야채튀김⑥ 백김치/포기김치 585kcal(C95P22F13)	14 베지스테이크 ⑤⑥/소스 냉모밀③⑦ 웨지감자/케찹⑫ 모듬콩토핑샐러드⑤ (파인애플드레싱) ⑱ 수제오이피클 622kcal(C104P20F14)	15 광복절 	16 고르곤졸라피자 ①②④ 수제오징어튀김①②④⑤ /타르타르소스① 그린빈스구이⑥ 수제레몬에이드 라디치오샐러드 (발사믹드레싱) 622kcal(C104P20F14)
오전	모듬채소죽 175kcal	코코아볼씨리얼⑥ /유기농우유② 176kcal	시나몬과배기①②④ /포도주스 185kcal		
4주	19 <레트로키즈밀> 생모짜렐라토마토스파게티 ①②④⑫ 바베큐닭구이⑬ 솔티드카라멜꽃빵①②④ 비타민샐러드 (시저드레싱)①② 수제모듬피클 613kcal(C104P20F13)	20 수수밥 들깨미역국 콩불고기⑥④ 청포묵무침⑤ 시금치나물 백김치/포기김치 605kcal(C104P18F13)	21 소이커블렛⑤⑥ 순두부토마토스튜⑤⑫ 파르펠레냉파스타①②④ 단호박무스② 양배추샐러드 (키위드레싱) 613kcal(C104P20F13)	22 기장밥 된장찌개 베지너비아니볶음⑤⑥ 다시마튀각 파프리카청경채무침 백김치/포기김치 585kcal(C95P22F13)	23 로제소스라자냐 ①②④⑫ 수제페스타치오양송이스프 ①②④ 양고기참스테이크⑬ 망고젤리스트릭 베이비채소샐러드 (패션후르츠드레싱) 622kcal(C104P20F14)
오전	채소어묵바⑥⑦&케찹⑫ /수제딸기주스 184kcal	슈크림파이①②④ /유기농우유② 185kcal	진만두①④⑨ /복숭아주스⑪ 186kcal	크림치즈샌드위치①②④ /유자주스 185kcal	한과2종④/유기농우유② 176kcal
5주	26 퀘사디아①②④/ 사워크림②&과카몰리⑫ 몽골리안치킨⑬ 에그프리타타①② 마리네이드토마토⑫ 치커리샐러드 (사과드레싱)④ 613kcal(C104P20F13)	27 백미밥 아욱국 양고기구이⑬ 상추쌈&쌈장 두부구이⑤ 백김치/배추겉절이 605kcal(C104P18F13)	28 콘치즈핫도그 ①②④⑥ 알새우튀김①②④⑨ /스위트칠리소스 사인머스켓주스 모듬채소구이 양상추샐러드 (오리엔탈드레싱) 622kcal(C104P20F14)	29 귀리밥 뚝국 닭갈비⑩ 여목조림④⑦ 오이사과생채④ 백김치/열무김치 585kcal(C95P22F13)	30 유니짜장면 ⑤⑥ 게살스프①⑧ 수제참살치킨튀바로우 ①②④③/소스 파사파사샐러드 (참깨드레싱) 수제단무지 613kcal(C104P20F13)
오전	뮤즐리⑥/유기농요거트② 175kcal	수제마스카포네머핀①②④ /유기농우유② 179kcal	과일2종 175kcal	바람떡/식혜 183kcal	군고구마/오렌지주스 178kcal

● 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 ③메밀 ④사과 ⑤대두 ⑥밀 ⑦생선류 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬닭류 ⑭쇠고기 ⑮오징어 ⑯양고기
 ⑰조개류(굴,전복,홍합포함) ⑱파인애플
 과일은 제철과일로 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	<p>[Recommended ingredients for August]</p> <p>Egg plant</p> <p>The purple pigment in eggplants, called anthocyanin, is an antioxidant that is effective in preventing cancer. It also helps remove waste from blood vessels, which aids in preventing arteriosclerosis and hypertension.</p>			01	02
Snack					
2 Week	05	06	07	08	09
Snack					Toowoomba spaghetti ^{①②⑥⑩} Honey fried chicken ^{④⑬} Grilled broccoli zucchini Fruit Romaine salad (Italian dressing) 622kcal(C104P20F14)
3 Week	12 Cottage pie ^{②⑩⑫} Cream soup ^{②⑥} Grilled sausage ^⑩ Garlic pie ^{①②⑥} European salad (Yogurt dressing) ^② 613kcal(C104P20F13)	13 Rice Tofu stew ^⑤ Pork bulgogi ^⑩ Tteokbokki ^{⑥⑦} Fried eggplant vegetables ^⑥ Non-spicy kimchi /kimchi 585kcal(C95P22F13)	14 Homemade hamburger steak ^{①②⑥⑩⑭} /sauce Cold buckwheat noodles ^{③⑦} Potato wedges/ketchup ^⑫ Assorted beans topping salad ^⑤ (Pineapple dressing) ^⑱ Homemade cucumber pickles 622kcal(C104P20F14)	15 National Liberation Day 	16 Gorgonzola pizza ^{①②⑥} Homemade fried squid ^{①②⑥⑮} /tartar sauce ^① Grilled bacon green beans ^{⑤⑩} Homemade lemonade Radicchio salad (Balsamic dressing) 622kcal(C104P20F14)
Snack	Assorted vegetable porridge 175kcal	Cocoa ball cereal ^⑥ /Organic milk ^② 176kcal	Cinnamon twisted donuts ^{①②⑥} /Grape juice 185kcal		2 Kinds of fruits 175kcal
4 Week	19 <Retro Kiz Meal> Mozzarella tomato spaghetti ^{①②⑥⑫} Barbecue grilled chicken wings ^⑬ Salted caramel flower bread ^{①②⑥} Vitamin salad (Caesar dressing) ^{①②} Homemade assorted pickles 613kcal(C104P20F13)	20 Sorghum rice Perilla seaweed soup Beef bulgogi ^④ Mung bean jelly salad ^⑤ Seasoned spinach Non-spicy kimchi /kimchi 605kcal(C104P18F13)	21 Homemade jägerschnitzel ^{①②⑥⑩} Soft tofu tomato stew ^{⑤⑫} Parfellen cold pasta ^{①②⑥} Sweet pumpkin mousse ^② Cabbage salad (Kiwi dressing) 613kcal(C104P20F13)	22 Millet rice Soy bean paste soup Stir-fried smoked duck/mustard sauce Fried kelp Seasoned paprika bok choy Non-spicy kimchi /kimchi 585kcal(C95P22F13)	23 Rose sauce lasagna ^{①②⑥⑩⑫} Homemade pastry mushroom soup ^{①②⑥} Hawaiian chop Steak ^⑩ Mango jelly stick Baby vegetable salad (Passionfruit dressing) 622kcal(C104P20F14)
Snack	Vegetable fish cake ^{⑥⑦} &ketchup ^⑫ /Homemade strawberry juice 184kcal	Custard cream pie ^{①②⑥} /Organic milk ^② 185kcal	Steamed dumplings ^{①⑥⑩} /Peach juice ^⑪ 186kcal	Cream cheese jam sandwich ^{①②⑥} /Yuzu juice 185kcal	2 kinds of korean sweets ^⑥ /Organic milk ^② 176kcal
5 Week	26 Quesadilla ^{①②⑥} /sour cream ^② &guacamole ^② Mongolian beef ^④ Egg frittata ^{①②} Marinated tomatoes ^⑫ Chicory salad (Apple dressing) ^④ 613kcal(C104P20F13)	27 Rice Mallow soup Garlic bossam ^⑩ Lettuce ssam & ssamjang Grilled tofu ^⑤ Non-spicy kimchi /kimchi 605kcal(C104P18F13)	28 Corn cheese hot dog ^{①②⑥⑩} Fried shrimp ^{①②⑥⑨} /Sweet chili sauce Shine muscat juice Assorted grilled vegetables Lettuce salad (Oriental dressing) 622kcal(C104P20F14)	29 Oat rice Beef radish soup ^④ Spicy stir-fried chicken ^⑧ Stewed fish cake ^{⑥⑦} Seasoned cucumber & apple ^④ Non-spicy kimchi /Young radish kimchi 585kcal(C95P22F13)	30 Uni jajangmyeon ^{⑤⑥⑩} Crab meat soup ^{①⑧} Homemade glutinous rice kwaobaro ^{①②⑥⑩} /sauce Passa passa salad (Sesame dressing) Handmade pickled radish 613kcal(C104P20F13)
Snack	Muesli ^⑤ /Organic yogurt ^② 175kcal	Homemade mascarpone muffins ^{①②⑥} /Organic milk ^② 179kcal	2 Kinds of fruits 175kcal	Rice cake/Sweet rice punch 183kcal	Roasted sweet potato/Orange juice 178kcal

● 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

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	MON	TUE	WED	THU	FRI
1 Week	[Recommended ingredients for August] Egg plant The purple pigment in eggplants, called anthocyanin, is an antioxidant that is effective in preventing cancer. It also helps remove waste from blood vessels, which aids in preventing arteriosclerosis and hypertension.			01	02
Snack					
2 Week	05	06	07	08	09 Toowoomba spaghetti ^{①②⑥} Honey fried chicken ^{⑥⑬} Grilled broccoli zucchini Fruits Romaine salad (Italian dressing) 622kcal(C104P20F14)
Snack				Brown rice madeleine ^{①②⑥} /Apple prune juice ^④ 178kcal	
3 Week	12 Cottage pie ^{②⑬} Cream soup ^{②⑥} Grilled sausage ^{⑤⑥} Garlic pie ^{①②④} European salad (Yogurt dressing) ^② 613kcal(C104P20F13)	13 Rice Tofu stew ^⑤ Stir-fried lamb ^⑬ Tteokbokki ^{⑥⑦} Fried eggplant vegetables ^⑥ Non-spicy kimchi /kimchi 585kcal(C95P22F13)	14 Veggie steak ^{⑤⑥} /sauce Cold buckwheat noodles ^{③⑦} Potato wedges/ketchup ^② Assorted beans topping salad ^⑤ (Pineapple dressing) ^⑱ Homemade cucumber pickles 622kcal(C104P20F14)	15 National Liberation Day 	16 Gorgonzola pizza ^{①②⑥} Homemade fried squid ^{①②⑥⑬} /tartar sauce ^① Grilled green beans ^⑤ Homemade lemonade Radicchio salad (Balsamic dressing) 622kcal(C104P20F14)
Snack	Assorted vegetable porridge 175kcal	Cocoa ball cereal ^⑥ /Organic milk ^② 176kcal	Cinnamon twisted donuts ^{①②⑥} /Grape juice 185kcal	2 Kinds of fruits 175kcal	
4 Week	19 <Retro Kiz Meal> Mozzarella tomato spaghetti ^{①②④⑥} Barbecue grilled chicken ^⑬ Salted caramel flower bread ^{①②⑥} Vitamin salad (Caesar dressing) ^{①②} Homemade assorted pickles 613kcal(C104P20F13)	20 Sorghum rice Perilla seaweed soup Bean bulgogi ^{⑤⑥} Mung bean jelly salad ^⑤ Seasoned spinach Non-spicy kimchi /kimchi 605kcal(C104P18F13)	21 Veggie cutlet ^{⑤⑥} Soft tofu tomato stew ^{⑤②} Parfellen cold pasta ^{①②⑥} Sweet pumpkin mousse ^② Cabbage salad (Kiwi dressing) 613kcal(C104P20F13)	22 Millet rice Soy bean paste soup Vegetable tteokgalbi ^{⑤⑥} Fried kelp Seasoned paprika bok choy Non-spicy kimchi /kimchi 585kcal(C95P22F13)	23 Rose sauce lasagna ^{①②④⑥⑲} Homemade pastry mushroom soup ^{①②④} Lamb steak ^⑬ Mango jelly stick Baby vegetable salad (Passionfruit dressing) 622kcal(C104P20F14)
Snack	Vegetable fish cake ^{⑥⑦} &ketchup ^② /Homemade strawberry juice 184kcal	Custard cream pie ^{①②⑥} /Organic milk ^② 185kcal	Steamed dumplings ^{①⑥⑨} /Peach juice ^⑩ 186kcal	Cream cheese jam sandwich ^{①②⑥} /Yuzu juice 185kcal	2 kinds of korean sweets ^⑥ /Organic milk ^② 176kcal
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Snack	Muesli ^⑤ /Organic yogurt ^② 175kcal	Homemade mascarpone muffins ^{①②⑥} /Organic milk ^② 179kcal	2 Kinds of fruits 175kcal	Rice cake/Sweet rice punch 183kcal	Roasted sweet potato/Orange juice 178kcal

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