



	MON 월	TUE 화	WED 수	THU 목	FRI 금
1주		01 백미밥 소고기미역국 ¹⁴ 굴소스돈육볶음 ^{10,17} 애호박채전 ⁶ 부추겉절이 백김치/포기김치 605kcal(C104P18F13)	02 로제통밀스파게티 ①②⑥⑩⑫ 허브칼릭치킨구이 ¹³ 포도주스 앙상추샐러드 (발사믹드레싱) 수제오이피클 613kcal(C104P20F13)	03  개천절	04 불고기퀘사디아 ①②⑥⑩⑫⑭ 수제생선커를렛 ^{1②⑥⑦} /사우전소스 양송이프리타타 ^{1②} 과일 코울슬로 (코울슬로드레싱) 622kcal(C104P20F14)
	오전	수제팬케이크 ^{①②⑥} / 유기농매실차	찐옥수수/유기농요구르트 ^② 175kcal		파배기도넛 ^{①②⑥} / 유기농우유 ^②
2주	07 햄&치즈잉글리시머핀 ①②⑥⑩ 허니닭봉구이 ¹³ 유기농요구르트 ^② 양배추샐러드 (흑임자드레싱) 수제모듬피클 622kcal(C104P20F14)	08 백미밥 유부주머니국 ^{5⑦⑩} 표고돈사태조림 ¹⁰ 무조미김/양념장 청경채나물 백김치/배추겉절이 585kcal(C95P22F13)	09  한글날 	10 기장밥 된장찌개 훈제오리볶음 베이컨감자채볶음 ¹⁰ 숙주나물무침 ⁵ 백김치/포기김치 605kcal(C104P18F13)	11 수제등심돈가스 ①②⑥⑩/소스 미니우동 ^{6⑦} 과일 고구마무스 ^② 파사파사샐러드 (이탈리안드레싱) 622kcal(C104P20F14)
	오전	카스테라 ^{①②⑥} /수제망고주스 185kcal	과일2종 175kcal		포자찐만두 ^{①⑥⑩} /복숭아주스 ¹¹ 185kcal
3주	14 토마토치즈라자냐 ①②⑥⑩⑫ 수제오징어튀김 ^{①②⑥⑦} /레몬마요소스 베이컨그린빈스구이 ^{6⑩} 비타민샐러드 (발사믹드레싱) 수제오이피클 613kcal(C104P20F13)	15 흑미밥 물졸면 ^{①⑥} 소불고기 ¹⁴ 우영조림 오이생채 백김치/포기김치 585kcal(C95P22F13)	16 치즈피자 ^{①②⑥} 크림스프 ^{②⑥} 소세지양파구이 ¹⁰ ABC주스 ^④ 앙상추샐러드 (시저드레싱) ^{①②} 605kcal(C104P18F13)	17 <하프데이> 크랜베리치킨샌드위치 ①②⑥⑩ 알새우튀김 ^{①②⑥⑨} /케찹 ^⑫ 과일 무항생제우유 ^② 585kcal(C95P22F13)	18 휴식
	오전	시몬케익 ^{①②⑥} /수제오렌지파인애플주스 ¹⁸ 185kcal	우리쌀씨리얼/유기농우유 ^② 176kcal	꿀떡/식혜 178kcal	
4주	21 <레드로키즈밀> 투움바스파게티 ^{①②⑥⑩⑫} 돈안심참스테이크 ¹⁰ 달고나토스트 ^{①②⑥} 과일 라디치오샐러드 (오리엔탈드레싱) 613kcal(C104P20F13)	22 기장밥 팽이장국 깻잎닭갈비 ¹³ 데리야끼두부조림 ⁶ 다시마튀각 백김치/포기김치 605kcal(C104P18F13)	23 수제합박스테이크 ①②⑥⑩⑫/데미그라스소스 온메밀 ^{3⑦} 포도푸딩 유러피안샐러드 (요거트드레싱) ^② 수제모듬피클 613kcal(C104P20F13)	24 혼합잡곡밥 떡국 돈육바싹불고기 ¹⁰ 청포묵무침 ⁶ 시금치나물 깍두기/석박지 585kcal(C95P22F13)	25 수제후라이드치킨 ①②⑥⑩ 수제양념치킨 ①②⑥⑩⑫ 치즈맛웨이즈감자 ^② 레몬에이드 새싹샐러드 (랜치드레싱) ^{①②} 613kcal(C104P20F13)
	오전	채소어묵바 ^{6⑦} /유기농우유 ^② 183kcal	슈크림파이 ^{①②⑥} /사과푸룬주스 ^④ 185kcal	게살채소죽 ^⑧ 175kcal	잼샌드위치 ^{②⑥} /유기농우유 ^② 185kcal
5주	28 라따뚜이스파게티 ①②⑥⑩ 옥수수스프 ^{②⑥} 통콜리안비프 ¹⁴ 과일 치커리샐러드 (사우전드레싱) 613kcal(C104P20F13)	29 백미밥 굴림만두국 ^{①⑥⑩} 돈육보쌈 ¹⁰ 상추쌈/쌈장 파프리카콩나물무침 ⁶ 백김치/열무김치 585kcal(C95P22F13)	30 마리제리따피자 ①②⑥⑩ 허니닭왕튀김 ①②⑥⑩ 딸기주스 모듬채소구이 그린샐러드 (당근프렌치드레싱) 622kcal(C104P20F14)	31 백미밥 미트카레소스 ^{②⑥⑩} 갈비군만두 ^{①⑥⑩} 마파가지볶음 미니새송이조림 백김치/포기김치 605kcal(C104P18F13)	
	오전	수제단호박머핀 ^{①②⑥} /유기농요구르트 ^② 183kcal	바람떡/배도라지주스 175kcal	롤케이크 ^{①②⑥} /유기농우유 ^② 183kcal	망고토픽/유기농요거트 ^② 178kcal

[10월의 추천 식재료]

호박

호박에는 베타카로틴이 풍부해 면역력 강화 및 항산화 효과가 있어 염증 질환에 도움을 주며, 발암물질인 니트로소아민의 생성과 억제를 도와 이로 인해 유발되는 암의 예방에 도움을 줍니다. 또한 호박의 시트룰린은 이뇨작용이 뛰어나 체내 노폐물 배출을 도와 혈액순환을 촉진시켜 붓기 제거에 도움을 줍니다.

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

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

*위 식단은 식품수급에 따라 변경될 수 있습니다. | Kizmeal 박상아영양사 | qlqlem5@kizmeal.com | www.kizmeal.com



	MON 월	TUE 화	WED 수	THU 목	FRI 금
1주		01 백미밥 미역국 굴소스콩고기볶음(5)(6)(17) 애호박채전(6) 부추겉절이 백김치/포기김치 605kcal(C104P18F13)	02 로제통밀스파게티 ①②⑥⑫ 허브갈릭치킨구이(13) 포도주스 양상추샐러드 (발사믹드레싱) 수제오이피클 613kcal(C104P20F13)	03  개천절 	04 퀘사디아 ①②⑥⑫ 수제생선커름렛(1)(2)(6)(7) /사우전소스 양송이프리타타(1)(2) 과일 코울슬로 (코울슬로드레싱) 622kcal(C104P20F14)
오전		수제팬케이크(1)(2)(6)/ 유기농매실차	찐옥수수/유기농요구르트(2) 175kcal		파배기도넛(1)(2)(6) /유기농우유(2)
2주	07 햄&치즈잉글리시머핀 ①②⑤⑥ 허니닭구이(13) 유기농요구르트(2) 양배추샐러드 (흑임자드레싱) 수제모듬피클 622kcal(C104P20F14)	08 백미밥 유부국(6)(7) 표고양고기조림(16) 무조미김/양념장 청경채나물 백김치/배추겉절이 585kcal(C95P22F13)	09  한글날 	10 기장밥 된장찌개 채소너비아니볶음(5)(6) 감자채볶음 숙주나물무침(5) 백김치/포기김치 605kcal(C104P18F13)	11 소이커피렛(5)(6)/소스 미니우동(6)(7) 과일 고구마무스(2) 파사파사샐러드 (이탈리안드레싱) 622kcal(C104P20F14)
오전	카스테라(1)(2)(6)/수제망고주스 185kcal	과일2종 175kcal		포자찐만두(1)(6)(10)/복숭아주스(11) 185kcal	우리밀스크(1)(2)(6)&딸기잼 /유기농우유(2)
3주	14 토마토치즈라자냐 ①②⑥⑫ 수제오징어튀김(1)(2)(6)(7) /레몬마요소스 그린빈스구이(5) 비타민샐러드 (발사믹드레싱) 수제오이피클 613kcal(C104P20F13)	15 흑미밥 물짬면(1)(6) 콩불고기(5)(6) 우영조림 오이생채 백김치/포기김치 585kcal(C95P22F13)	16 치즈피자(1)(2)(6) 크림스프(2)(6) 소세지양파구이(5)(6) ABC주스(4) 양상추샐러드 (시저드레싱)(1)(2) 605kcal(C104P18F13)	17 <하프데이> 크랜베리치킨샌드위치 ①②⑥⑬ 알새우튀김(1)(2)(6)(9)/케찹(2) 과일 무항생제우유(2) 585kcal(C95P22F13)	18 휴식
오전	시몬케익(1)(2)(6) /수제오렌지파이애플주스(18) 185kcal	우리쌀씨리얼/유기농우유(2) 176kcal	꿀떡/식혜 178kcal		
4주	21 <레스토랑키즈밀> 투움바스파게티(1)(2)(6)(2) 양고기잡스тей크(16) 달고나토스트(1)(2)(6) 과일 라디치오샐러드 (오리엔탈드레싱) 613kcal(C104P20F13)	22 기장밥 팽이장국 깨잎달걀반(13) 데리야끼두부조림(5) 다시마튀각 백김치/포기김치 605kcal(C104P18F13)	23 베지스тей크(5)(6) /데미그라스소스 온메밀(3)(7) 포도푸딩 유러피안샐러드 (요거트드레싱)(2) 수제모듬피클 613kcal(C104P20F13)	24 혼합잡곡밥 떡국 채소콩불고기(5)(6) 청포묵무침(5) 시금치나물 깍두기/석박지 585kcal(C95P22F13)	25 수제후라이드치킨 ①②⑥⑬ 수제양념치킨 ①②⑥⑯⑰ 치즈맛웨이감자(2) 레몬에이드 새싹샐러드 (랜치드레싱)(1)(2) 613kcal(C104P20F13)
오전	채소어묵바(6)(7)/유기농우유(2) 183kcal	슈크림파이(1)(2)(6) /사과푸룬주스(4) 185kcal	게살채소죽(8) 175kcal	잼샌드위치(2)(6)/유기농우유(2) 185kcal	한과2종/유기농오미자차 176kcal
5주	28 라따뚜이스파게티 ①②⑥⑫ 옥수수스프(2)(6) 몽골리안양고기(16) 과일 치커리샐러드 (사우전드레싱) 613kcal(C104P20F13)	29 백미밥 만두국(1)(6)(9) 베지스тей크(5)(6) 상추쌈/쌈장 파프리카콩나물무침(5) 백김치/열무김치 585kcal(C95P22F13)	30 마리게리따피자 ①②⑥⑫ 허니닭튀김 ①②⑥⑬ 딸기주스 모듬채소구이 그린샐러드 (당근프렌치드레싱) 622kcal(C104P20F14)	31 백미밥 카레소스(2)(6)(10) 군만두(1)(6)(9) 마파가지볶음 미니새송이조림 백김치/포기김치 605kcal(C104P18F13)	
오전	수제단호박머핀(1)(2)(6) /유기농요구르트(2) 183kcal	바람떡/배도라지주스 175kcal	롤케이크(1)(2)(6)/유기농우유(2) 183kcal	망고토평/유기농요거트(2) 178kcal	

[10월의 추천 식재료]

호박

호박에는 베타카로틴이 풍부해 면역력 강화 및 항산화 효과가 있어 염증 질환에 도움을 주며, 발암물질인 니트로소아민의 생성과 억제를 도와 이로 인해 유발되는 암의 예방에 도움을 줍니다. 또한 호박의 시트룰린은 이뇨작용이 뛰어나 체내 노폐물 배출을 도와 혈액순환을 촉진시켜 붓기 제거에 도움을 줍니다.

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

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

*위 식단은 식품수급에 따라 변경될 수 있습니다. | Kizmeal 박상아영양사 | qlqlem5@kizmeal.com | www.kizmeal.com





	MON	TUE	WED	THU	FRI
1 Week		01 Rice Beef seaweed soup ^④ Stir-fried pork with oyster sauce ^{⑩⑰} Zucchini pancake ^⑥ Non-spicy kimchi /kimchi 605kcal(C104P18F13)	02 Rosé whole wheat spaghetti ^{①②③⑩⑲} Grilled herb garlic chicken ^⑬ Grape juice Lettuce salad (Balsamic dressing) Homemade cucumber pickles 613kcal(C104P20F13)	03  Foundation Day 	04 Bulgogi quesadilla ^{①②③④⑫} Homemade fish cutlets ^{①②③⑦} /thousand sauce Mushroom frittata ^{①②} Fruits Coleslaw (Cole slaw dressing) 622kcal(C104P20F14)
Snack		Homemade pancakes ^{①②③} /Organic plum tea	Steamed corn /Organic yogurt ^② 175kcal		Twisted donuts ^{①②③} /Organic milk ^②
2 Week	07 Ham & cheese english muffin ^{①②③⑩} Grilled honey chicken ^⑬ Organic yogurt ^② Cabbage salad (Black sesame dressing) Homemade assorted pickles 622kcal(C104P20F14)	08 Rice Fried tofu soup ^{⑤⑦⑩} Boiled pork with oak mushroom ^⑩ Unseasoned seaweed /seasoned sauce Seasoned bok choy Non-spicy kimchi /kimchi 585kcal(C95P22F13)	09  Hangul Day 	10 Millet rice Soy bean paste soup Stir-fried smoked duck Stir-fried bacon and potato ^⑩ Seasoned bean sprouts ^⑤ Non-spicy kimchi /kimchi 605kcal(C104P18F13)	11 Homemade sirloin pork cutlet ^{①②③⑩} /sauce Mini udon ^{③⑦} Fruits Sweet potato mousse ^② Passa passa salad (Italian dressing) 622kcal(C104P20F14)
Snack	Castella ^{①②③} /Homemade mango juice 185kcal	2 Kinds of fruits 175kcal		Steamed dumplings ^{①③⑩} /Peach juice ^⑩ 185kcal	Korean wheat scone ^{①②③} &strawberry jam /Organic milk ^②
3 Week	14 Tomato cheese lasagna ^{①②③⑩⑲} Homemade fried squid ^{①②③⑦} /lemon mayo sauce Grilled bacon green beans ^{⑤⑩} Vitamin salad (Balsamic dressing) Homemade cucumber pickles 613kcal(C104P20F13)	15 Black rice Noodles soup ^{①⑥} Beef bulgogi ^⑭ Stewed burdock Seasoned cucumber Non-spicy kimchi /kimchi 585kcal(C95P22F13)	16 Cheese pizza ^{①②③} Cream soup ^{②⑥} Grilled sausage and onion ^⑩ ABC juice ^④ Lettuce salad (Caesar dressing) ^{①②} 605kcal(C104P18F13)	17 <Half Day> Cranberry chicken sandwich ^{①②③⑬} Fried shrimp ^{①②③⑦} /ketchup ^② Fruits Antibiotic-free milk ^② 585kcal(C95P22F13)	18 No School
Snack	Simon cake ^{①②③} /Homemade orange pineapple juice ^⑱ 185kcal	Korean rice cereal /Organic milk ^② 176kcal	Honey rice cake/Sikhye 178kcal		
4 Week	21 <Retro Kiz Meal> Toowoomba spaghetti ^{①②③⑩⑲} Pork chop steak ^⑩ Dalgona toast ^{①②③} Fruits Radicchio salad (Oriental dressing) 613kcal(C104P20F13)	22 Millet rice Enoki mushroom stew Stir-fried spicy perilla chicken ^⑬ Teriyaki tofu ^⑤ Fried kelp Non-spicy kimchi /kimchi 605kcal(C104P18F13)	23 Homemade hamburger steak ^{①②③⑩⑲} /demi-glace sauce Warm buckwheat noodles ^{③⑦} Grape pudding European salad (Yogurt dressing) ^② Homemade assorted pickles 613kcal(C104P20F13)	24 Mixed grain rice Rice-cake soup Pork bulgogi ^⑩ Mung bean jelly salad ^⑤ Seasoned spinach Non-spicy radish kimchi /radish kimchi 585kcal(C95P22F13)	25 Homemade fried chicken ^{①②③⑬} Homemade seasoned fried chicken ^{①②③④⑬} Cheese flavored wedge potatoes ^② Lemonade Sprout salad (Ranch dressing) ^{①②} 613kcal(C104P20F13)
Snack	Vegetable fish cake ^{⑥⑦} /Organic milk ^② 183kcal	Custard cream pie ^{①②③} /Apple prune juice ^④ 185kcal	Crab vegetable porridge ^⑧ 175kcal	Jam sandwich ^{②③} /Organic milk ^② 185kcal	2 kinds of korean sweets /Organic schisandra tea 176kcal
5 Week	28 Ratatouille spaghetti ^{①②③⑫} Corn soup ^{②⑥} Mongolian beef ^⑭ Fruits Chicory salad (Thousand dressing) 613kcal(C104P20F13)	29 Rice Dumpling soup ^{①③⑩} Boiled pork ^⑩ Lettuce ssam & ssamjang Seasoned paprika bean sprouts ^⑤ Non-spicy kimchi /Young radish kimchi 585kcal(C95P22F13)	30 Marigherita pizza ^{①②③⑫} Fried honey chicken wings ^{①②③⑬} Strawberry juice Assorted grilled vegetables Green salad (Carrot french dressing) 622kcal(C104P20F14)	31 Rice Meat curry sauce ^{②③⑩} Grilled dumplings ^{①③⑩} Stir-fried mapa eggplant Stewed mini mushrooms Non-spicy kimchi /kimchi 605kcal(C104P18F13)	
Snack	Homemade sweet pumpkin muffins ^{①②③} /Organic yogurt ^② 183kcal	Rice cake /Pearbellflower juice 175kcal	Roll cake ^{①②③} /Organic milk ^② 183kcal	Mango topping /Organic yogurt ^② 178kcal	

[Recommended ingredients for October]

Pumpkin

Pumpkin is rich in beta-carotene, which has immune-boosting and antioxidant properties that can help with inflammatory conditions, and can help prevent cancer by inhibiting the production of nitrosoamines, which are carcinogens. Citrulline in pumpkin is also a diuretic, which helps flush out waste from the body, increasing circulation and reducing swelling.

● 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




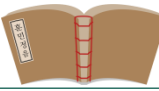
① egg ② dairy ③ buckwheat ④ apple ⑤ soybean ⑥ wheat ⑦ fish ⑧ crab ⑨ shrimp ⑩ pork ⑪ peach ⑫ tomato ⑬ chicken ⑭ beef ⑮ squid ⑯ lamb ⑰ clam(oyster, ear shell, mussel, etc.) ⑱ pineapple

All menu items are subject to change according to availability

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





	MON	TUE	WED	THU	FRI
1 Week		01 Rice Seaweed soup Stir-fried bean meat with oyster sauce ^{⑤⑥⑦} Zucchini pancake ^⑥ Non-spicy kimchi /kimchi 605kcal(C104P18F13)	02 Rosé whole wheat spaghetti ^{①②⑥②} Grilled herb garlic chicken ^③ Grape juice Lettuce salad (Balsamic dressing) Homemade cucumber pickles 613kcal(C104P20F13)	03  Foundation Day 	04 Quesadilla ^{①②③②} Homemade fish cutlets ^{①②⑥⑦} /thousand sauce Mushroom frittata ^{①②} Fruit Coleslaw (Cole slaw dressing) 622kcal(C104P20F14)
Snack		Homemade pancakes ^{①②⑥} /Organic plum tea	Steamed corn /Organic yogurt ^② 175kcal		Twisted donuts ^{①②⑥} /Organic milk ^②
2 Week	07 Ham & cheese english muffin ^{①②⑤⑥} Grilled honey chicken ^③ Organic yogurt ^② Cabbage salad (Black sesame dressing) Homemade assorted pickles 622kcal(C104P20F14)	08 Rice Tofu soup ^{⑤⑦} Steamed lamb ^⑥ Unseasoned seaweed /seasoned sauce Seasoned bok choy Non-spicy kimchi /kimchi 585kcal(C95P22F13)	09  Hangul Day 	10 Millet rice Soy bean paste soup Vegetable tteokgalbi ^{⑥⑥} Stir-fried potato Seasoned bean sprouts ^⑤ Non-spicy kimchi /kimchi 605kcal(C104P18F13)	11 Veggie cutlet ^{⑥⑥} /sauce Mini udon ^{⑥⑦} Fruits Sweet potato mousse ^② Passa passa salad (Italian dressing) 622kcal(C104P20F14)
Snack	Castella ^{①②⑥} /Homemade mango juice 185kcal	2 Kinds of fruits 175kcal		Steamed dumplings ^{①⑥⑩} /Peach juice ^⑩ 185kcal	Korean wheat scone ^{①②⑥} &strawberry jam /Organic milk ^②
3 Week	14 Tomato cheese lasagna ^{①②⑥②} Homemade fried squid ^{①②⑥⑦} /lemon mayo sauce Grilled green beans ^⑤ Vitamin salad (Balsamic dressing) Homemade cucumber pickles 613kcal(C104P20F13)	15 Black rice Noodles soup ^{①⑥} Bean bulgogi ^{⑤⑥} Stewed burdock Seasoned cucumber Non-spicy kimchi /kimchi 585kcal(C95P22F13)	16 Cheese pizza ^{①②⑥} Cream soup ^{②⑥} Grilled sausage and onion ^{⑤⑥} ABC juice ^④ Lettuce salad (Caesar dressing) ^{①②} 605kcal(C104P18F13)	17 <Half Day> Cranberry chicken sandwich ^{①②⑥③} Fried shrimp ^{①②⑥⑦} /ketchup ^② Fruit Antibiotic-free milk ^② 585kcal(C95P22F13)	18 No School
Snack	Simon cake ^{①②⑥} /Homemade orange pineapple juice ^⑩ 185kcal	Korean rice cereal /Organic milk ^② 176kcal	Honey rice cake/Sikhye 178kcal		
4 Week	21 <Retro Kiz Meal> Toowoomba spaghetti ^{①②⑥②} Lamb chop steak ^⑥ Dalgona toast ^{①②⑤} Fruits Radicchio salad (Oriental dressing) 613kcal(C104P20F13)	22 Millet rice Enoki mushroom stew Stir-fried spicy perilla chicken ^③ Teriyaki tofu ^⑤ Fried kelp Non-spicy kimchi /kimchi 605kcal(C104P18F13)	23 Veggie steak ^{⑤⑥} /demi-glace sauce Warm buckwheat noodles ^{③⑦} Grape pudding European salad (Yogurt dressing) ^② Homemade assorted pickles 613kcal(C104P20F13)	24 Mixed grain rice Rice-cake soup Bean bulgogi ^{⑤⑥} Mung bean jelly salad ^⑤ Seasoned spinach Non-spicy radish kimchi /radish kimchi 585kcal(C95P22F13)	25 Homemade fried chicken ^{①②⑥③} Homemade seasoned fried chicken ^{①②⑥②③} Cheese flavored wedge potatoes ^② Lemonade Sprout salad (Ranch dressing) ^{①②} 613kcal(C104P20F13)
Snack	Vegetable fish cake ^{⑥⑦} /Organic milk ^② 183kcal	Custard cream pie ^{①②⑥} /Apple prune juice ^④ 185kcal	Crab vegetable porridge ^③ 175kcal	Jam sandwich ^{②⑥} /Organic milk ^② 185kcal	2 kinds of korean sweets /Organic schisandra tea 176kcal
5 Week	28 Ratatouille spaghetti ^{①②⑥②} Corn soup ^{②⑥} Mongolian lamb ^⑥ Fruits Chicory salad (Thousand dressing) 613kcal(C104P20F13)	29 Rice Dumpling soup ^{①⑥⑦} Veggie steak ^{⑤⑥} Lettuce ssam & ssamjang Seasoned paprika bean sprouts ^⑤ Non-spicy kimchi /Young radish kimchi 585kcal(C95P22F13)	30 Marigherita pizza ^{①②⑥②} Fried honey chicken ^{①②⑥③} Strawberry juice Assorted grilled vegetables Green salad (Carrot french dressing) 622kcal(C104P20F14)	31 Rice Curry sauce ^{②⑥} Grilled dumplings ^{①⑥⑦} Stir-fried mapa eggplant Stewed mini mushrooms Non-spicy kimchi /kimchi 605kcal(C104P18F13)	
Snack	Homemade sweet pumpkin muffins ^{①②⑥} /Organic yogurt ^② 183kcal	Rice cake /Pearbellflower juice 175kcal	Roll cake ^{①②⑥} /Organic milk ^② 183kcal	Mango topping /Organic yogurt ^② 178kcal	

[Recommended ingredients for October]

Pumpkin

Pumpkin is rich in beta-carotene, which has immune-boosting and antioxidant properties that can help with inflammatory conditions, and can help prevent cancer by inhibiting the production of nitrosoamines, which are carcinogens. Citrulline in pumpkin is also a diuretic, which helps flush out waste from the body, increasing circulation and reducing swelling.

● 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