



	MON 월	TUE 화	WED 수	THU 목	FRI 금
<p>[2월의 추천 식재료]</p> <p>섬초</p> <p>전라도 신안의 해풍을 맞고 자란 섬초는 일반 시금치보다 단맛이 강합니다. 섬초에는 칼슘, 요오드, 철분 등이 다량 함유되어 있어 성장기 아이들의 뼈와 치아 발달, 면역력 강화, 빈혈예방에 탁월하며, 특히 게르마늄이라는 성분이 풍부하여 두뇌발달 및 면역력 향상에 효과적입니다.</p>					
1주	<p>03 뽀모도로펜네스파게티 ①②③⑫ 수제후라이드치킨 ①②③⑬ 미니부시브래드①②⑥/버터② 모듬채소구이 유러피안샐러드 (이탈리아드레싱) 622kcal(C104P20F14)</p>	<p>04 백미밥 소고기미역국⑭ 돈육 굴소스볶음⑩⑰ 한식잡채⑩ 숙주나물⑤ 백김치/포기김치 585kcal(C95P22F13)</p>	<p>05 불고기퀘사디아 ①②③⑫⑭ 어니언스프②⑥ 소세지구이⑩ 웨이감자 코우슬로 (요거트드레싱)② 613kcal(C104P20F13)</p>	<p>06 기장밥 소고기샤브국⑭ 훈제오리볶음 국물떡볶이⑥⑦ 가지나물 백김치/포기김치 605kcal(C104P18F13)</p>	<p>07 고르곤졸라피자 ①②⑥ 데리아끼치킨구이⑬ 과일 라디치오샐러드 (오리엔탈드레싱) 수제오이피클 622kcal(C104P20F14)</p>
오전	포자편만두①⑥⑩/유자주스 184kcal	수제바나나머핀①②⑥ /유기농우유② 178kcal	소고기채소죽⑭ 180kcal	수제크랜베리팬케이크①②⑥ /유기농매실차 179kcal	코코아블씨리얼⑥ /유기농우유② 176kcal
2주	<p>10 코티지파이 ②⑩⑫ 둔안심채소구이⑩ 수제오븐오꼬노미야끼 ①②③⑦⑮ 과일 콕샐러드 (콕샐러드드레싱) 613kcal(C104P20F13)</p>	<p>11 흑미밥 아욱국 소불고기⑭ 흑임자연근무침 무조미김/양념장 백김치/포기김치 585kcal(C95P22F13)</p>	<p>12 콘치즈핫도그 ①②③⑩ 허니간장닭봉튀김 ①②③⑬ 레몬에이드 비타민샐러드 (키워드레싱) 수제모듬피클 622kcal(C104P20F14)</p>	<p>13 백미밥 미트카레소스②③⑩ 갈비군만두①⑥⑩ 솔티드카라멜꽃빵①②⑥ 유채나물 수제깍두기/깍두기 605kcal(C104P18F13)</p>	<p>14 수제함박스테이크 ①②③⑩⑭/소스 미니우동⑥⑦ 섬초베이컨오믈렛①② 포도푸딩 베이비채소샐러드 (블루베리드레싱) 613kcal(C104P20F13)</p>
오전	채소어묵바⑥⑦ /유기농요구르트② 184kcal	꿀떡/수제망고주스 178kcal	군고구마/딸기주스 175kcal	파배기도넛①②⑥ /유기농우유② 185kcal	뮤즐리⑥/유기농우유② 175kcal
3주	<p>17 블로네제라자나 ①②③⑩⑫ 몽골리안비프⑭ 모닝빵①②⑥/딸기잼 가지새송이구이 열대과일샐러드⑱ (망고드레싱) 622kcal(C104P20F14)</p>	<p>18 혼합잡곡밥 콩나물국⑤ 돈육보쌈⑩ 상추쌈/쌈장 우영조림 백김치/배추겉절이 605kcal(C104P18F13)</p>	<p>19 백미밥 마파두부소스 ⑤⑩⑰ 수제탕수육①②③⑩ 짜먹는요거트② 로메인샐러드 (참깨드레싱) 622kcal(C104P20F14)</p>	<p>20 수수밥 소고기묵국⑭ 안동찜닭⑬ 건파래자반 애호박나물 백김치/포기김치 585kcal(C95P22F13)</p>	<p>21 <레트로키즈밀> 수제에그마요햄버거 ①②③⑩⑭ 알새우튀김①②③④ 오렌지주스 그린빈스구이⑤⑩ 쿠스쿠스샐러드①②⑥ (랜치드레싱)①② 613kcal(C104P20F13)</p>
오전	한과2종⑥/사과주스④ 178kcal	시몬케이크①②⑥ /유기농우유② 182kcal	버터알감자구이② /유기농오미자차 180kcal	편빵①②⑥/유기농우유② 178kcal	과일토평/유기농요거트② 178kcal
4주	<p>24 투움바스파게티 ①②③⑩ 바베큐치킨구이⑬ 과일 카프레제②⑫ (발사믹드레싱) 수제오이피클 622kcal(C104P20F14)</p>	<p>25 현미밥 육개장⑭ 돈사태조림⑩ 어묵채볶음⑥⑦ 시금치나물 백김치/포기김치 585kcal(C95P22F13)</p>	<p>26 몬테크리스토샌드위치 ①②③⑩ 수제오징어튀김①②③⑤ /스위트칠리소스 ABC주스④ 브로콜리애호박구이 볼통샐러드 (시저드레싱)①② 622kcal(C104P20F14)</p>	<p>27 흑미밥 부대찌개⑩ 닭갈비⑬ 부추전⑥ 들기름채소찜 백김치/포기김치 605kcal(C104P18F13)</p>	<p>28 수제등심돈까스 ①②③⑩/소스 순두부토마토스튜⑤⑫ 갈릭버터치즈빵①②⑥ 그린샐러드 (파인애플드레싱)⑱ 수제모듬피클 613kcal(C104P20F13)</p>
오전	수제프레치토스트①②⑥ /유기농우유② 184kcal	바람떡/식혜 181kcal	과일2종 175kcal	틀케이크①②⑥/포도주스 180kcal	편옥수수/유기농우유② 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 월	TUE 화	WED 수	THU 목	FRI 금
<p>[2월의 추천 식재료]</p> <p>섬초 전라도 신안의 해풍을 맞고 자란 섬초는 일반 시금치보다 단맛이 강합니다. 섬초에는 칼슘, 요오드, 철분 등이 다량 함유되어 있어 성장기 아이들의 뼈와 치아 발달, 면역력 강화, 빈혈예방에 탁월하며, 특히 게르마늄이라는 성분이 풍부하여 두뇌발달 및 면역력 향상에 효과적입니다.</p>					
1주	<p>03 뽀모도로펜네스파게티 ①②③⑫ 수제후라이드치킨 ①②③⑬ 미니부시브래드①②⑥/버터② 모듬채소구이 유러피안샐러드 (이탈리아드레싱) 622kcal(C104P20F14)</p>	<p>04 백미밥 미역국 콩고기굴소스볶음⑤⑥⑬⑰ 한식잡채 숙주나물⑤ 백김치/포기김치 585kcal(C95P22F13)</p>	<p>05 퀘사디아 ①②③⑫ 어니언스프②⑥ 소세지구이⑤⑥ 웨이잠자 코우슬로 (요거트드레싱)② 613kcal(C104P20F13)</p>	<p>06 기장밥 샤브국 콩고기볶음⑤⑥ 국물떡볶이⑥⑦ 가지나물 백김치/포기김치 605kcal(C104P18F13)</p>	<p>07 고르곤졸라피자 ①②⑥ 데리아끼치킨구이⑬ 과일 라디치오샐러드 (오리엔탈드레싱) 수제오이피클 622kcal(C104P20F14)</p>
오전	포자편만두①⑥⑩/유자주스 184kcal	수제바나나머핀①②⑥ /유기농우유② 178kcal	채소죽 180kcal	수제크랜베리팬케이크①②⑥ /유기농매실차 179kcal	코코아블씨리얼⑥ /유기농우유② 176kcal
2주	<p>10 코티지파이②⑫ 양고기채소구이⑬ 수제오븐오꼬노미야끼 ①②③⑦⑮ 과일 클럽샐러드 (클럽샐러드드레싱) 613kcal(C104P20F13)</p>	<p>11 흑미밥 아욱국 콩불고기⑤⑥ 흑임자연근무침 무조미김/양념장 백김치/포기김치 585kcal(C95P22F13)</p>	<p>12 콘치즈핫도그 ①②⑤⑥ 허니간장닭튀김 ①②⑥⑬ 레몬에이드 비타민샐러드 (키워드레싱) 수제모듬피클 622kcal(C104P20F14)</p>	<p>13 백미밥 카레소스②⑥ 군만두①⑥ 솔티드카라멜꽃빵①②⑥ 유채나물 수제깍두기/깍두기 605kcal(C104P18F13)</p>	<p>14 베이스테이크⑤⑥/소스 미니우동⑥⑦ 섬초베이컨오믈렛①② 포도푸딩 베이비채소샐러드 (블루베리드레싱) 613kcal(C104P20F13)</p>
오전	채소어묵바⑥⑦ /유기농요구르트② 184kcal	꿀떡/수제망고주스 178kcal	군고구마/딸기주스 175kcal	파배기도넛①②⑥ /유기농우유② 185kcal	뮤즐리⑥/유기농우유② 175kcal
3주	<p>17 블로네제라자나 ①②③⑫ 몽골리안양고기⑬ 모닝빵①②⑥/딸기잼 가지채송이구이 열대과일샐러드⑱ (망고드레싱) 622kcal(C104P20F14)</p>	<p>18 혼합잡곡밥 콩나물국⑤ 베지너바나이⑤⑥ 상추쌈/쌈장 우영조림 백김치/배추겉절이 605kcal(C104P18F13)</p>	<p>19 백미밥 마파두부소스 ⑤⑬⑰ 소이커피렛⑤⑥ 짜먹는요거트② 로메인샐러드 (참깨드레싱) 622kcal(C104P20F14)</p>	<p>20 수수밥 뚝국 안동찜닭⑬ 건파래자반 애호박나물 백김치/포기김치 585kcal(C95P22F13)</p>	<p>21 <레트로키즈밀> 수제에그마요햄버거 ①②⑥ 알새우튀김①②⑥⑨ 오렌지주스 그린비스구이⑤⑩ 쿠스쿠스샐러드①②⑥ (랜치드레싱)①② 613kcal(C104P20F13)</p>
오전	한과2종⑥/사과주스④ 178kcal	시몬케이크①②⑥ /유기농우유② 182kcal	버터알감자구이② /유기농오미자차 180kcal	편빵①②⑥/유기농우유② 178kcal	과일토평/유기농요거트② 178kcal
4주	<p>24 투움바스파게티 ①②⑥ 바베큐치킨구이⑬ 과일 카페레제②⑫ (발사믹드레싱) 수제오이피클 622kcal(C104P20F14)</p>	<p>25 현미밥 채개장 콩불고기⑤⑥ 어묵채볶음⑥⑦ 시금치나물 백김치/포기김치 585kcal(C95P22F13)</p>	<p>26 몬테크리스토샌드위치 ①②⑤⑥ 수제오징어튀김①②⑥⑮ /스위트칠리소스 ABC주스④ 브로콜리애호박구이 볼통샐러드 (시저드레싱)①② 622kcal(C104P20F14)</p>	<p>27 흑미밥 부대찌개 닭갈비⑬ 부추전⑥ 들기름채소찜 백김치/포기김치 605kcal(C104P18F13)</p>	<p>28 소이커피렛⑥⑥/소스 순두부토마토스튜⑤⑫ 갈릭버터치즈빵①②⑥ 그린샐러드 (파인애플드레싱)⑱ 수제모듬피클 613kcal(C104P20F13)</p>
오전	수제프레치토스트①②⑥ /유기농우유② 184kcal	바람떡/식혜 181kcal	과일2종 175kcal	롤케이크①②⑥/포도주스 180kcal	편옥수수/유기농우유② 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
<p>[Recommended ingredients for February]</p> <p>Korean winter spinach</p> <p>Seomcho, grown in the sea breeze of Shinan, Jeolla-do, has a sweeter taste than regular spinach. Seaweed contains a large amount of calcium, iodine, iron, etc., so it is excellent for bone and tooth development, strengthening immunity, and preventing anemia in growing children. It is especially rich in germanium, which is effective in brain development and improving immunity.</p>					
1 Week	<p>03 Pomodoro penne spaghetti^{①②④⑥⑩} Homemade fried chicken^{①②④⑬} Mini bush bread^{①②④} /butter^② Assorted grilled vegetables European salad (Italian dressing) 622kcal(C104P20F14)</p>	<p>04 Rice Beef seaweed soup^⑭ Stir-fried pork with oyster sauce^{⑩⑰} Korean japchae^⑩ Seasoned bean sprouts^⑤ Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>05 Bulgogi quesadilla^{①②④⑬⑭} Onion soup^{②④} Grilled sausage^⑩ Wedge potato Coleslaw (Yogurt dressing)^② 613kcal(C104P20F13)</p>	<p>06 Millet rice Beef shabu soup^⑭ Stir-fried smoked duck Tteokbokki^{④⑦} Seasoned eggplant Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>07 Gorgonzola pizza^{①②④} Grilled Teriyaki chicken^⑬ Fruit Radicchio salad (Oriental dressing) Homemade cucumber pickles 622kcal(C104P20F14)</p>
	<p>Snack Steamed dumplings^{①④⑩}/Yuzu juice 184kcal</p>	<p>Homemade banana muffin^{①②④} /Organic milk^② 178kcal</p>	<p>Beef vegetable porridge^⑭ 180kcal</p>	<p>Homemade cranberry pancakes^{①②④} /Organic plum tea 179kcal</p>	<p>Cocoa ball cerea^④ /Organic milk^② 176kcal</p>
2 Week	<p>10 Cottage pie^{②⑩⑫} Grilled pork and vegetables^⑩ Homemade oven okonomiyaki^{①②④⑦⑮} Fruits Cobb salad (Cobb salad dressing) 613kcal(C104P20F13)</p>	<p>11 Black rice Mallow soup Beef bulgogi^⑭ Black sesame&lotus root Unseasoned seaweed /seasoned sauce Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>12 Corn cheese hotdog^{①②④⑩} Honey soy sauce fried chicken^{①②④⑬} Lemonade Vitamin salad (Kiwi dressing) Homemade assorted pickles 622kcal(C104P20F14)</p>	<p>13 Rice Meat curry sauce^{②④⑩} Grilled dumplings^{①④⑩} Salted caramel flower bread^{①②④} Seasoned rapeseed greens Non-spicy radish kimchi /radish kimchi 605kcal(C104P18F13)</p>	<p>14 Homemade hamburger steak^{①②④⑩⑭}/sauce Mini udon^{④⑦} Korean winter spinach bacon omelet^{①②} Grape pudding Baby vegetable salad (Blueberry dressing) 613kcal(C104P20F13)</p>
	<p>Snack Vegetable fish cake^{④⑦} /Organic yogurt^② 184kcal</p>	<p>Rice cake /Homemade mango juice 178kcal</p>	<p>Roasted sweet potato /Strawberry juice 175kcal</p>	<p>Twisted donuts^{①②④} /Organic milk^② 185kcal</p>	<p>Muesli^⑤/Organic milk^② 175kcal</p>
3 Week	<p>17 Bolognese lasagna^{①②④⑩⑫} Mongolian beef^⑭ Morning bread^{①②④}/jam Roasted eggplant and mushrooms Tropical fruit salad^⑮ (Mango dressing) 622kcal(C104P20F14)</p>	<p>18 Mixed grain rice Bean sprout soup^⑤ Boiled pork bossam^⑩ Lettuce ssam & ssamjang Stewed burdock Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>19 Rice Mapo tofu sauce^{⑤⑩⑰} Homemade sweet and sour pork^{①②④⑩} Yogurt^② Romaine salad (sesame dressing) 622kcal(C104P20F14)</p>	<p>20 Sorghum rice Beef radish soup^⑭ Braised chicken with soy sauce^⑬ Seaweed Seasoned zucchini Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>21 <Retro KizMeal> Homemade egg mayo hamburger^{①②④⑩⑭} Fried shrimp^{①②④⑨} Orange juice Grilled green beans^{⑤⑩} Couscous salad^{①②④} (Ranch dressing)^{①②} 613kcal(C104P20F13)</p>
	<p>Snack 2 kinds of korean sweets^④/Apple juice^④ 178kcal</p>	<p>Simon cake^{①②④} /Organic milk^② 182kcal</p>	<p>Grilled butter potatoes^② /Organic schisandra tea 180kcal</p>	<p>Steamed bread^{①②④} /Organic milk^② 178kcal</p>	<p>Fruit topping /Organic yogurt^② 178kcal</p>
4 Week	<p>24 Toowoomba spaghetti^{①②④⑩} Grilled barbecue chicken^⑬ Fruits Caprese^{②⑫} (balsamic dressing) Homemade cucumber pickles 622kcal(C104P20F14)</p>	<p>25 Brown rice Yukgaejang^⑭ Steamed pork^⑩ Stir-fried fish cake^{④⑦} Seasoned spinach Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>26 Monte cristo sandwich^{①②④⑩} Homemade fried squid^{①②④⑮} /sweet chili sauce ABC juice^④ Grilled broccoli zucchini Bomdong salad (Caesar dressing)^{①②} 622kcal(C104P20F14)</p>	<p>27 Black rice Sausage stew^⑩ Spicy stir-fried chicken^⑬ Chive pancake^④ Perilla oil steamed vegetables Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>28 Homemade sirloin pork cutlet^{①②④⑩}/sauce Soft tofu tomato stew^{⑤⑫} Garlic butter cheese bread^{①②④} Green salad (Pineapple dressing)^⑮ Homemade assorted pickles 613kcal(C104P20F13)</p>
	<p>Snack Homemade french toast^{①②④}/Organic milk^② 184kcal</p>	<p>Rice cake/Si181kcal</p>	<p>2 Kinds of fruits 175kcal</p>	<p>Roll cake^{①②④}/Grape juice 180kcal</p>	<p>Steamed corn /Organic milk^② 178kcal</p>

● 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
<p>[Recommended ingredients for February]</p> <p>Korean winter spinach</p> <p>Seomcho, grown in the sea breeze of Shinan, Jeolla-do, has a sweeter taste than regular spinach. Seaweed contains a large amount of calcium, iodine, iron, etc., so it is excellent for bone and tooth development, strengthening immunity, and preventing anemia in growing children. It is especially rich in germanium, which is effective in brain development and improving immunity.</p>					
1 Week	<p>03 Pomodoro penne spaghetti^{1 2 6 2} Homemade fried chicken^{1 2 6 13} Mini bush bread^{1 2 6} /butter² Assorted grilled vegetables European salad (Italian dressing) 622kcal(C104P20F14)</p>	<p>04 Rice Seaweed soup Stir-fried lamb with oyster sauce^{16 17} Korean japchae⁵ Seasoned bean sprouts Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>05 Quesadilla^{1 2 6 12} Onion soup^{2 6} Grilled sausage^{5 6} Wedge potato Coleslaw (Yogurt dressing)² 613kcal(C104P20F13)</p>	<p>06 Millet rice Shabu soup Stir-fried soy meat^{5 6} Tteokbokki^{6 7} Seasoned eggplant Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>07 Gorgonzola pizza^{1 2 6} Grilled teriyaki chicken¹³ Fruit Radicchio salad (Oriental dressing) Homemade cucumber pickles 622kcal(C104P20F14)</p>
Snack	<p>Steamed dumplings^{1 6 10}/Yuzu juice 184kcal</p>	<p>Homemade banana muffin^{1 2 3} /Organic milk² 178kcal</p>	<p>Beef vegetable porridge¹⁴ 180kcal</p>	<p>Homemade cranberry pancakes^{1 2 6} /Organic plum tea 179kcal</p>	<p>Cocoa ball cerea⁶ /Organic milk² 176kcal</p>
2 Week	<p>10 Cottage pie^{2 12} Grilled lamb vegetables¹⁶ Homemade oven okonomiyaki^{1 2 6 7 15} Fruits Cobb salad (Cobb salad dressing) 613kcal(C104P20F13)</p>	<p>11 Black rice Mallow soup Soy meat bulgogi^{5 6} Black sesame&lotus root Unseasoned seaweed /seasoned sauce Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>12 Corn cheese hotdog^{1 2 5 6} Honey soy sauce fried chicken^{1 2 6 13} Lemonade Vitamin salad (Kiwi dressing) Homemade assorted pickles 622kcal(C104P20F14)</p>	<p>13 Rice Curry sauce^{2 6} Grilled dumplings^{1 6 9} Salted caramel flower bread^{1 2 6} Seasoned rapeseed greens Non-spicy radish kimchi /radish kimchi 605kcal(C104P18F13)</p>	<p>14 Veggie steak^{5 6} /sauce Mini udon^{6 7} Korean winter spinach bacon omelet^{1 2} Grape pudding Baby vegetable salad (Blueberry dressing) 613kcal(C104P20F13)</p>
Snack	<p>Vegetable fish cake^{6 7} /Organic yogurt² 184kcal</p>	<p>Rice cake /Homemade mango juice 178kcal</p>	<p>Roasted sweet potato /Strawberry juice 175kcal</p>	<p>Twisted donuts^{1 2 6} /Organic milk² 185kcal</p>	<p>Muesli⁶ /Organic milk² 175kcal</p>
3 Week	<p>17 Bolognese lasagna^{1 2 6 12} Mongolian lamb¹⁶ Morning bread^{1 2 6} /jam Roastedeggplant and mushrooms Tropical fruit salad¹⁸ (Mango dressing) 622kcal(C104P20F14)</p>	<p>18 Mixed grain rice Bean sprout soup⁵ Vegetable tteokgalbi^{5 6} Lettuce ssam & ssamjang Stewed burdock Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>19 Rice Mapo tofu sauce^{5 17} Veggie cutlet^{5 6} Yogurt² Romaine salad (sesame dressing) 622kcal(C104P20F14)</p>	<p>20 Sorghum rice Radish soup Soy sauce braised chicken¹³ Seaweed Seasoned zucchini Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>21 <Retro KizMeal> Homemade egg mayo hamburger^{1 2 5 6} Fried shrimp^{1 2 6 9} Orange juice Grilled green beans^{5 10} Couscous salad^{1 2 6} (Ranch dressing)^{1 2} 613kcal(C104P20F13)</p>
Snack	<p>2 kinds of korean sweets⁶ /Apple juice⁴ 178kcal</p>	<p>Simon cake^{1 2 6} /Organic milk² 182kcal</p>	<p>Grilled butter potatoes² /Organic schisandra tea 180kcal</p>	<p>Steamed bread^{1 2 6} /Organic milk² 178kcal</p>	<p>Fruits topping /Organic yogurt² 178kcal</p>
4 Week	<p>24 Toowoomba spaghetti^{1 2 6} Grilled barbecue chicken¹³ Fruits Caprese^{2 12} (balsamic dressing) Homemade cucumber pickles 622kcal(C104P20F14)</p>	<p>25 Brown rice Veggie yukgaejang Soy meat bulgogi^{5 6} Stir-fried fish cake^{6 7} Seasoned spinach Non-spicy kimchi /kimchi 585kcal(C95P22F13)</p>	<p>26 Monte cristo sandwich^{1 2 5 6} Homemade fried squid^{1 2 6 15} /sweet chili sauce ABC juice⁴ Grilled broccoli zucchini Bomdong salad (Caesar dressing)^{1 2} 622kcal(C104P20F14)</p>	<p>27 Black rice Sausage stew^{5 6} Spicy stir-fried chicken¹³ Chive pancake⁶ Perilla oil steamed vegetables Non-spicy kimchi /kimchi 605kcal(C104P18F13)</p>	<p>28 Veggie cutlet^{5 6} /sauce Soft tofu tomato stew^{5 12} Garlic butter cheese bread^{1 2 6} Green salad (Pineapple dressing)¹⁸ Homemade assorted pickles 613kcal(C104P20F13)</p>
Snack	<p>Homemade french toast^{1 2 6} /Organic milk² 184kcal</p>	<p>Rice cake/Sweet rice drink 181kcal</p>	<p>2 Kinds of fruits 175kcal</p>	<p>Roll cake^{1 2 6} /Grape juice 180kcal</p>	<p>Steamed corn /Organic milk² 178kcal</p>

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