



	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	02 삼일절 *대체공휴일* 	03 백미밥 아욱된장국 ㉔ 춘천식닭갈비 ㉔ 건파래자반 숙주나물 ㉔ 백김치/포기김치 625kcal (C96P31F12)	04 알리오올리오스파게티 ㉑㉒㉓㉔ 크림스프 ㉑㉒ 안심잡스테이크 ㉑ 라디치오샐러드 (발사믹드레싱) 수제오이피클 639kcal (C92P33F13)	05 기장밥 순두부찌개 ㉔ 대파소불고기구이 ㉑ 청경채나물 우영조림 백김치/깍두기 626kcal (C98P30F12)	06 수제함박스테이크 ㉑㉒㉓㉔/소스 미니우동 ㉑ 과일 모듬채소구이 양배추샐러드 (참깨드레싱) ㉑ 638kcal (C90P32F14)
오전		수제초코칩머핀 ㉑㉒㉓/유자차 181Kcal	우리쌀씨리얼/유기농우유 ㉒ 176Kcal	과일2종 172Kcal	알감자구이/유기농우유 ㉒ 182Kcal
2주	09 고르곤졸라피자 ㉑㉒㉓ 바베큐닭봉구이 ㉑ 포도푸딩 베이컨그린빈스볶음 ㉑㉒ 비타민샐러드 (랜치드레싱) ㉑ 638kcal (C90P32F14)	10 수수밥 맑은채개장 소고기버섯볶음 ㉑ 숙양파전 ㉑ 모듬콩조림 ㉑ 백김치/배추겉절이 626kcal (C98P30F12)	11 유니짜장면 ㉑㉒㉓ 백짬뽕 ㉑㉒ 수제참쌀탕수육 ㉑㉒㉓㉔/소스 하우스샐러드 (키워드레싱) 수제단무지 639kcal (C92P33F13)	12 혼합잡곡밥 북어국 안동찜닭 ㉑ 청포묵무침 ㉑ 가지나물 백김치/포기김치 625kcal (C96P31F12)	13 로제소스라자냐 ㉑㉒㉓㉔ 브로콜리스프 ㉑㉒ 몽골리안포크 ㉑ 갈릭파이 ㉑㉒ 양상추샐러드 (이탈리안드레싱) 639kcal (C92P33F13)
오전	참치죽 181Kcal	시몬케익 ㉑㉒ /유기농우유 ㉒ 183Kcal	과일2종 172Kcal	채소어묵바 ㉑㉒/자몽에이드 184Kcal	바람떡 ㉑/유기농식혜 179Kcal
3주	16 투움바스파게티 ㉑㉒㉓㉔ 수제오징어튀김 ㉑㉒ 에그프리타타 ㉑㉒ 미니부시브래드 ㉑㉒/달기잼 유러피안샐러드 (파인애플드레싱) 638kcal (C90P32F14)	17 현미밥 감자양파국 돈사태조림 ㉑ 유자멸치볶음 콩나물무침 ㉑ 백김치/열무김치 625kcal (C96P31F12)	18 펜네그라탕 ㉑㉒㉓㉔ 허니닭튀김 ㉑ 레몬에이드 파사파사샐러드 (오리엔탈드레싱) 수제모듬피클 639kcal (C92P33F13)	19 백미밥 된장찌개 ㉑ 수제떡갈비 ㉑㉒㉓㉔/소스 한식잡채 ㉑ 사과오이무침 백김치/포기김치 626kcal (C98P30F12)	20 휴교
오전	찜옥수수/유기농우유 ㉒ 182Kcal	후레쉬빵 ㉑㉒/배도라지주스 183Kcal	과일2종 172Kcal	잼샌드위치 ㉑㉒ /유기농우유 ㉒ 184Kcal	
4주	23 소불고기케사디아 ㉑㉒㉓㉔ 토마토스튜 ㉑ 소세지볶음 ㉑ 미니크로와상 ㉑㉒ 그린샐러드 (발사믹드레싱) 639kcal (C92P33F13)	24 흑미밥 미니잔치국수 ㉑ 돈육간장볶음 ㉑㉒ 다시마튀각 새송이조림 백김치/포기김치 626kcal (C98P30F12)	25 마리케리따피자 ㉑㉒㉓ 알새우튀김 ㉑㉒㉓ 웨지감자 채소스틱 (요거트드레싱) ㉑ 수제양배추피클 638kcal (C90P32F14)	26 <하프데이> 유부초밥 ㉑ 허브갈릭치킨구이 ㉑ 과일2종 무항생제우유 ㉒ 626kcal (C98P30F12)	27 휴교
오전	과일2종 172Kcal	파배기도넛 ㉑㉒/유기농우유 ㉒ 183Kcal	꿀떡/유기농매실차 184Kcal		
5주	30 봄방학	31 봄방학	원산지 표기  쌀(국내산 친환경), 현미, 흑미, 찰쌀(국내산 친환경) 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산 무항생제) 순두부, 두부, 콩비지 (콩-국내산), 배추김치(배추-국내산, 고춧가루-국내산) 삼치, 아귀, 오징어, 고등어, 꽃게, 패류(국내산), 새우(베트남산) 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산) * 원재료 표시안내 * 햄/소시지(국내산 무항생제 5無 또는 7無), 달걀(국내산 동물복지 유정란 또는 무항생제란) 키즈밀은 엄선된 친환경 및 국내산 식자재 를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.		
오전					



㉑난류 ㉒우유 ㉓메밀 ㉔땅콩 ㉕대두 ㉖밀 ㉗고등어 ㉘게 ㉙새우 ㉚돼지고기 ㉛복숭아 ㉜토마토 ㉝아황산류 ㉞호두 ㉟닭고기 ㊱쇠고기 ㊲오징어
 ㊳조개류(굴, 전복, 홍합 포함) ㊴젓
 ● 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 박상아 영양사 l q1qlem5@kizmeal.com l www.kizmeal.com



	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	02 삼일절 *대체공휴일* 	03 백미밥 아욱된장국 ⑤ 춘천식닭갈비 ⑤ 건파래자반 숙주나물 ⑤ 백김치/포기김치 625kcal (C96P31F12)	04 알리오올리오스파게티 ①②⑤⑥ 크림스프 ②⑥ 앙고기찜스테이크 라디치오샐러드 (발사믹드레싱) 수제오이피클 639kcal (C92P33F13)	05 기장밥 순두부찌개 ⑤ 대파콩불고기구이 ⑤⑥ 청경채나물 우영조림 백김치/깍두기 626kcal (C98P30F12)	06 बे지스테이크 ⑤⑥/소스 미니우동 ⑥ 과일 모듬채소구이 양배추샐러드 (참깨드레싱) ① 638kcal (C90P32F14)
오전		수제초코칩머핀 ①②⑥/유자차 181Kcal	우리쌀시리얼/유기농우유 ② 176Kcal	과일2종 172Kcal	알감자구이/유기농우유 ② 182Kcal
2주	09 고르곤졸라피자 ①②⑥ 바베큐닭구이 ⑤ 포도푸딩 그린빈스볶음 ⑤ 비타민샐러드 (랜치드레싱) ① 638kcal (C90P32F14)	10 수수밥 맑은채개장 콩고기버섯볶음 ⑤⑥ 삭양파전 ⑥ 모듬콩조림 ⑥ 백김치/배추겉절이 626kcal (C98P30F12)	11 유니짜장면 ⑤⑥ 백짬뽕 ⑤⑥ 소이커렷 ⑥⑥/소스 하우스샐러드 (키워드레싱) 수제단무지 639kcal (C92P33F13)	12 혼합잡곡밥 북어국 안동찜닭 ⑤ 청포묵무침 ⑤ 가지나물 백김치/포기김치 625kcal (C96P31F12)	13 로제소스라자냐 ①②⑥⑦ 브로콜리스프 ②⑥ 몽골리안양고기 갈릭파이 ①②⑥ 양상추샐러드 (이탈리안드레싱) 639kcal (C92P33F13)
오전	참치죽 181Kcal	시몬케익 ①②⑥ /유기농우유 ② 183Kcal	과일2종 172Kcal	채소어묵바 ⑥⑦/자몽에이드 184Kcal	바람떡 ⑥/유기농식혜 179Kcal
3주	16 투움바스파게티 ①②⑥ 수제오징어튀김 ①⑥⑦ 에그프리카타 ①② 미니부시브래드 ①②⑥/달기잼 유러피안샐러드 (파인애플드레싱) 638kcal (C90P32F14)	17 현미밥 감자양파국 앙고기조림 유자멸치볶음 콩나물무침 ⑤ 백김치/열무김치 625kcal (C96P31F12)	18 펜네그라탕 ①②⑥⑦ 허니닭구이 ⑤ 레몬에이드 파사파사샐러드 (오리엔탈드레싱) 수제모듬피클 639kcal (C92P33F13)	19 백미밥 된장찌개 ⑥ बे지스테이크 ⑤⑥/소스 한식잡채 ⑥ 사과오이무침 백김치/포기김치 626kcal (C98P30F12)	휴교
오전	찐옥수수/유기농우유 ② 182Kcal	후레쉬빵 ①②⑥/배도라지주스 183Kcal	과일2종 172Kcal	잼샌드위치 ①②⑥ /유기농우유 ② 184Kcal	
4주	23 퀘사디아 ①②⑥⑦ 토마토스튜 ② 콩소세지볶음 ⑤⑥ 미니크로와상 ①②⑥ 그린샐러드 (발사믹드레싱) 639kcal (C92P33F13)	24 흑미밥 미니잔치국수 ⑥ 콩고기간장볶음 ⑤⑥ 다시마튀각 새송이조림 백김치/포기김치 626kcal (C98P30F12)	25 마리게리따피자 ①②⑥⑦ 알새우튀김 ①②⑥⑦ 웨지감자 채소스틱 (요거트드레싱) ② 수제양배추피클 638kcal (C90P32F14)	26 <하프데이> 유부초밥 ⑥ 허브갈릭치킨구이 ⑤ 과일2종 무항생제우유 ② 626kcal (C98P30F12)	휴교
오전	과일2종 172Kcal	파배기도넛 ①②⑥/유기농우유 ② 183Kcal	꿀떡/유기농매실차 184Kcal		
5주	30 봄방학	31 봄방학	원산지 표기  쌀(국내산 친환경), 현미, 흑미, 찰쌀(국내산 친환경) 소(국내산 육우), 돼지(국내산), 닭(국내산), 오리고기(국내산 무항생제) 순두부, 두부, 콩비지 (콩-국내산), 배추김치(배추-국내산, 고춧가루-국내산) 삼치, 아귀, 오징어, 고등어, 꽃게, 패류(국내산), 새우(베트남산) 명태(러시아산), 참치(원양산), 가다랭이포(인도네시아산) * 원재료 표시안내 * 햄/소시지(국내산 무항생제 5無 또는 7無), 달걀(국내산 동물복지 유정란 또는 무항생제란) 키즈밀은 엄선된 친환경 및 국내산 식자재 를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.		
오전					



①난류 ②우유 ③메밀 ④땅콩 ⑤대두 ⑥밀 ⑦고등어 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬아황산류 ⑭호두 ⑮닭고기 ⑯쇠고기 ⑰오징어 ⑱조개류(굴, 전복, 홍합 포함) ⑳젓
 ● 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 박상아 영양사 l q1qlqm5@kizmeal.com l www.kizmeal.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	02 Observed Holiday 	03 Rice Malabar spinach soybean paste soup ⑤ Chuncheon-style spicy stir-fried chicken ⑤ Seasoned roasted seaweed flakes Seasoned bean sprouts ⑤ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	04 Aglio e olio spaghetti ①②③④⑤ Cream soup ②⑥ Beef tenderloin chop steak ④ Radicchio salad (Balsamic dressing) Homemade pickled cucumbers 639kcal (C92P33F13)	05 Millet rice Soft tofu stew ⑤ Grilled beef bulgogi with green onions ④ Seasoned bok choy Braised burdock root Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	06 Homemade hamburger steak ①②③④⑤⑥⑦/sauce Mini udon ⑥ Fruit Grilled assorted vegetables Cabbage salad (Sesame dressing) ① 638kcal (C90P32F14)
	Snack Tuna porridge 181Kcal	Homemade chocolate chip muffin ①②③④⑤⑥⑦/Yuzu tea 181Kcal	Korean rice cereal /Organic milk ② 176Kcal	2 Kinds of fruit 172Kcal	Roasted potatoes /Organic milk ② 182Kcal
2 Week	09 Gorgonzola pizza ①②③④ BBQ chicken wings ④ Grape pudding Stir-fried green beans with bacon ④⑤ Vitamin salad (Ranch dressing) ① 638kcal (C90P32F14)	10 Sorghum rice Vegetable soup Stir-fried beef with mushrooms ④ Mugwort & onion pancake ④ Braised assorted beans ⑤ Non-spicy kimchi /kimchi 626kcal (C98P30F12)	11 Yuni jajangmyeon ⑤⑥⑦⑧ White jjamppong ④⑤ Homemade sweet & sour pork ①②③④⑤⑥/sauce House salad (Kiwi dressing) Homemade pickled radish 639kcal (C92P33F13)	12 Mixed grain rice Dried pollock soup Andong-style braised chicken ④ Seasoned mung bean jelly ⑤ Seasoned eggplant Non-spicy kimchi /kimchi 625kcal (C96P31F12)	13 Rosé sauce lasagna ①②③④⑤⑥ Broccoli soup ②⑥ Mongolian pork ④ Garlic pie ①②③ Lettuce salad (Italian dressing) 639kcal (C92P33F13)
	Snack Tuna porridge 181Kcal	Chiffon cake ①②③④ /Organic milk ② 183Kcal	2 Kinds of fruit 172Kcal	Vegetable fish cake ④⑤ /Grapefruit ade 184Kcal	Rice cake ⑥/Organic sikhye 179Kcal
3 Week	16 Toowoomba spaghetti ①②③④⑤ Homemade fried squid ①②③④ Egg frittata ①② Mini bush bread ①②③④ /strawberry jam European salad (pineapple dressing) 638kcal (C90P32F14)	17 Brown rice Potato and onion soup Braised pork shank ④ Stir-fried anchovies with yuzu Seasoned bean sprouts ⑤ Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	18 Penne gratin ①②③④⑤⑥ Honey roasted chicken wings ④⑤ Lemonade Mushroom salad (Oriental dressing) Homemade assorted pickles 639kcal (C92P33F13)	19 Rice Soybean paste stew ④ Homemade tteokgalbi ①②③④⑤⑥⑦/sauce Korean-style japchae ④ Seasoned apple & cucumber Non-spicy kimchi /kimchi 626kcal (C98P30F12)	20 No school
	Snack Steamed corn /Organic milk ② 182Kcal	Bread ①②③④ /Pear & bellflower root juice 183Kcal	2 Kinds of fruit 172Kcal	Jam sandwich ①②③④ /Organic milk ② 184Kcal	
4 Week	23 Beef bulgogi quesadilla ①②③④⑤⑥ Tomato stew ④ Stir-fried sausages ④ Mini croissants ①②③④ Green salad (Balsamic dressing) 639kcal (C92P33F13)	24 Black rice Mini noodles ④ Soy sauce pork ④⑤⑥ Fried Kelp Braised oyster Mushroom Non-spicy kimchi /kimchi 626kcal (C98P30F12)	25 Margherita pizza ①②③④⑤ Fried shrimp ①②③④⑤ Potato wedges Vegetable sticks (Yogurt dressing) ② Homemade cabbage pickles 638kcal (C90P32F14)	26 <Half Day> Inari sushi ⑤ Herb garlic roasted chicken ④ 2 Kinds of fruit Antibiotic-free milk ② 626kcal (C98P30F12)	27 No school
	Snack 2 Kinds of fruit 172Kcal	Twist donut ①②③④⑤ /Organic milk ② 183Kcal	Honey rice cake /Organic plum tea 184Kcal		
5 Week	30 31 Spring Break		Country of Oriain 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)		
	Snack	* Ingredient Information * Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs Kizmeal carefully selects high-quality eco-friendly and locally sourced ingredients. By minimizing processed foods with artificial additives, we support the development of healthy eating habits and balanced nutrition.			



①Eggs ②Milk ③Buckwheat ④Peanuts ⑤Soybeans ⑥Wheat ⑦Mackerel ⑧Crab ⑨Shrimp ⑩Pork ⑪Peach ⑫Tomato ⑬Sulphites (Sulfur Dioxide) ⑭Walnut ⑮Chicken ⑯Beef ⑰Squid ⑱Shellfish (including oyster, abalone, and mussel) ⑲Pine Nuts
 ● kcal: kilocalorie, C: Carbohydrate, P: Protein, F: Fat, g: gram
 Portion sizes are based on the average serving per person and may vary depending on individual intake.
 * The above menu is subject to change depending on food supply availability.
 | Kizmeal Sang a Park Nutritionist qlqlem5@kizmeal.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	02 Observed Holiday 	03 Rice Malabar spinach soybean paste soup ⑤ Chuncheon-style spicy stir-fried chicken ⑩ Seasoned roasted seaweed flakes Seasoned bean sprouts ⑤ Non-spicy kimchi /kimchi 625kcal (C96P31F12)	04 Aglio e olio spaghetti ①②③④⑤ Cream soup ②⑥ Lamb chop steak Radicchio salad (Balsamic dressing) Homemade pickled cucumbers 639kcal (C92P33F13)	05 Millet rice Soft tofu stew ⑤ Soy meat bulgogi with green onions ⑤⑥ Seasoned bok choy Braised burdock root Non-spicy kimchi /radish kimchi 626kcal (C98P30F12)	06 Veggie steak ⑤⑥ /sauce Mini udon ⑥ Fruit Grilled assorted vegetables Cabbage salad (Sesame dressing) ① 638kcal (C90P32F14)
	Snack	Homemade chocolate chip muffin ①②③④ /Yuzu tea 181Kcal	Korean rice cereal /Organic milk ② 176Kcal	2 Kinds of fruit 172Kcal	Roasted potatoes /Organic milk ② 182Kcal
2 Week	09 Gorgonzola pizza ①②③ BBQ chicken ④ Grape pudding Stir-fried green beans ⑤ Vitamin salad (Ranch dressing) ① 638kcal (C90P32F14)	10 Sorghum rice Vegetable soup Stir-fried soy meat with mushrooms ⑤⑥ Mugwort & onion pancake ④ Braised assorted beans ⑤ Non-spicy kimchi /kimchi 626kcal (C98P30F12)	11 Yuni jajangmyeon ⑤⑥ White jjamppong ④⑤ Veggie cutlet ⑤⑥ /sauce House salad (Kiwi dressing) Homemade pickled radish 639kcal (C92P33F13)	12 Mixed grain rice Dried pollock soup Andong-style braised chicken ⑩ Seasoned mung bean jelly ⑤ Seasoned eggplant Non-spicy kimchi /kimchi 625kcal (C96P31F12)	13 Rosé sauce lasagna ①②③④⑤⑥ Broccoli soup ②⑥ Mongolian lamb Garlic pie ①②③ Lettuce salad (Italian dressing) 639kcal (C92P33F13)
	Snack	Tuna porridge 181Kcal	Chiffon cake ①②③④ /Organic milk ② 183Kcal	2 Kinds of fruit 172Kcal	Vegetable fish cake ⑤⑥ /Grapefruit ade 184Kcal
3 Week	16 Toowoomba spaghetti ①②③ Homemade fried squid ①②③④ Egg frittata ①② Mini bush bread ①②③④ /strawberry jam European salad (pineapple dressing) 638kcal (C90P32F14)	17 Brown rice Potato and onion soup Braised lamb Stir-fried anchovies with yuzu Seasoned bean sprouts ⑤ Non-spicy kimchi /young radish kimchi 625kcal (C96P31F12)	18 Penne gratin ①②③④ Honey roasted chicken ④ Lemonade Mushroom salad (Oriental dressing) Homemade assorted pickles 639kcal (C92P33F13)	19 Rice Soybean paste stew ⑤ Veggie steak ⑤⑥ /sauce Korean-style japchae ⑩ Seasoned apple & cucumber Non-spicy kimchi /kimchi 626kcal (C98P30F12)	20 <p style="text-align: center;">No school</p>
	Snack	Steamed corn /Organic milk ② 182Kcal	Bread ①②③④ /Pear & bellflower root juice 183Kcal	2 Kinds of fruit 172Kcal	
4 Week	23 Quesadilla ①②③④⑤ Tomato stew ⑥ Stir-fried sausages ⑤⑥ Mini croissants ①②③④ Green salad (Balsamic dressing) 639kcal (C92P33F13)	24 Black rice Mini noodles ⑤ Soy sauce soy meat ⑤⑥⑦⑧ Fried Kelp Braised oyster Mushroom Non-spicy kimchi /kimchi 626kcal (C98P30F12)	25 Margherita pizza ①②③④ Fried shrimp ①②③④⑤ Potato wedges Vegetable sticks (Yogurt dressing) ② Homemade cabbage pickles 638kcal (C90P32F14)	26 <p style="text-align: center;"><Half Day></p> Inari sushi ⑤ Herb garlic roasted chicken ⑩ 2 Kinds of fruit Antibiotic-free milk ② 626kcal (C98P30F12)	27 <p style="text-align: center;">No school</p>
	Snack	2 Kinds of fruit 172Kcal	Twist donut ①②③④ /Organic milk ② 183Kcal	Honey rice cake /Organic plum tea 184Kcal	
5 Week	30 31 <p style="text-align: center;">Spring Break</p>		<p style="text-align: center;">Country of Oriain Information</p>  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)		
	Snack	<p style="text-align: center;">* Ingredient Information *</p> Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs Kizmeal carefully selects high-quality eco-friendly and locally sourced ingredients. By minimizing processed foods with artificial additives, we support the development of healthy eating habits and balanced nutrition.			



①Eggs ②Milk ③Buckwheat ④Peanuts ⑤Soybeans ⑥Wheat ⑦Mackerel ⑧Crab ⑨Shrimp ⑩Pork ⑪Peach ⑫Tomato ⑬Sulphites (Sulfur Dioxide) ⑭Walnut ⑮Chicken ⑯Beef ⑰Squid ⑱Shellfish (including oyster, abalone, and mussel) ⑲Pine Nuts

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

Portion sizes are based on the average serving per person and may vary depending on individual intake.

* The above menu is subject to change depending on food supply availability.

I Kizmeal Sang a Park Nutritionist qlqlem5@kizmeal.com