



	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <p>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), 가다랑어포(인도네시아산)</p> <p>* 원재료 표시안내 * 햄/소시지(국내산 무항생제 5無 또는 7無), 달걀(국내산 동물복지 유정란 또는 무항생제란)</p> </div> <div style="flex: 1;"> <p>01</p> <p style="text-align: center;">학교휴교</p> </div> </div>				
오전	키즈밀은 엄선된 친환경 및 국내산 식자재를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.				
2주	<p>04</p> <p>콤비네이션피자 ①②⑥⑩⑫ 허니간장닭봉구이⑬ 짜먹는요거트② 모듬채소샐러드 (시저드레싱)① 수제오이피클 639kcal (C92P33F13)</p>	<p>05</p> <p style="text-align: center;">어린이날</p> 	<p>06</p> <p>수제햄박스테이크 ①②⑥⑩⑫/소스 쌀밥 토마토에그스크램블①② 과일 유러피안샐러드 (이탈리안드레싱) 638kcal (C90P32F14)</p>	<p>07</p> <p>백미밥 물쫄면①⑥ 돈육보쌈⑩ 상추쌈/쌈장⑤ 가지나물 백김치/배추겉절이 626kcal (C98P30F12)</p>	<p>08</p> <p>로제소스라자냐 ①②⑥⑩⑫ 수제치킨텐더①⑬⑮ /허니머스타드① 갈릭파이①②⑥ 그린빈스구이⑤ 양상추샐러드 (딸기요거트드레싱)② 639kcal (C92P33F13)</p>
오전	과일2종 172Kcal		소고기죽⑬ 182Kcal	유자시몬케익②⑥ /복숭아주스 184Kcal	코코아블씨리얼 /유기농우유② 176Kcal
3주	<p>11</p> <p>고사리오일스파게티 ①②⑥⑮ 스위트칠리토마토스튜⑫ 돈안심구이⑩ 그린샐러드 (오리엔탈드레싱) 수제모듬피클 638kcal (C90P32F14)</p>	<p>12</p> <p>흑미밥 가쓰오어육국⑥ 소불고기⑬ 콩나물무침⑤ 미니새송이조림 백김치/포기김치 626kcal (C98P30F12)</p>	<p>13</p> <p>몬테크리스토샌드위치 ①②⑥⑩ 바베큐닭왕구이⑬ 허니웨지감자 레몬에이드 카프레제 (발사믹드레싱) 639kcal (C92P33F13)</p>	<p>14</p> <p>기장밥 된장찌개 영양돈사태찜⑩ 청포묵무침⑤ 우영조림 백김치/깍두기 625kcal (C96P31F12)</p>	<p>15</p> <p>수제등심돈까스 ①②⑥⑩/소스 미니우동⑥ 과일 모듬채소구이 양배추샐러드 (참깨드레싱)① 639kcal (C92P33F13)</p>
오전	과일2종 172Kcal	수제초코칩머핀①②⑥ /유기농우유② 182Kcal	찐옥수수/사과주스 172Kcal	현미마들렌①②⑥ /유기농매실차 183Kcal	꿀떡/유기농식혜 181Kcal
4주	<p>18</p> <p>퀘사디아①②⑥ /수제과카몰리⑫ 비엔나소세지채소볶음⑩ 파르펠레냉파스타 비타민샐러드 (자두드레싱)① 수제비트무피클 639kcal (C92P33F13)</p>	<p>19</p> <p>수수밥 미니잔치국수⑥ 수제떡갈비①②⑥⑩⑫/소스 바삭멸치볶음 상추겉절이 백김치/열무김치 626kcal (C98P30F12)</p>	<p>20</p> <p>하와이안카레소스 ②⑥⑩ 백미밥 교자갈비만두①⑥⑮ 포도푸딩 그린샐러드 (발사믹드레싱) 638kcal (C90P32F14)</p>	<p>21</p> <p>백미밥 순두부찌개⑤ 굴소스소고기볶음⑬⑰ 애호박나물 구이김 백김치/포기김치 625kcal (C96P31F12)</p>	<p>22</p> <p>코티지파이 ②⑥⑩⑫ 수제생선커틀렛①⑥ 맥앤치즈①②⑥ 과일 불고기샐러드⑬ (매실청드레싱) 638kcal (C90P32F14)</p>
오전	수제프렌치토스트①②⑥ /유기농우유② 184Kcal	과일2종 172Kcal	시몬케익①②⑥ /수제딸기주스 183Kcal	찐고구마/유기농우유② 179Kcal	미니츄러스①②⑥ /배도라지주스 182Kcal
5주	<p>25</p> <p style="text-align: center;">부처님 오신 날 *대체공휴일*</p> 	<p>26</p> <p>현미밥 콩나물국⑤ 닭갈비⑬ 부추전⑥ 홀그레인오이무침 백김치/췌박지 625kcal (C96P31F12)</p>	<p>27</p> <p>미트토마토리가토니 ①②⑥⑩⑫ 알새우튀김①③⑤ 감자갈릭버터구이② 코울슬로 (코울슬로드레싱)① 수제오이피클 639kcal (C92P33F13)</p>	<p>28</p> <p>혼합잡곡밥 복어미역국 미나리돈육볶음⑩ 계란말이①/케찹⑫ 모듬콩조림⑤ 수제깍두기/깍두기 626kcal (C98P30F12)</p>	<p>29</p> <p>고르곤졸라피자 ①②⑥ 어니언크림스프②⑥ 허브갈릭치킨구이⑬ 과일 채소스틱 (요거트드레싱)② 639kcal (C92P33F13)</p>
오전		수제크랜베리머핀①②⑥ /유자차 181Kcal	파배기도넛①②⑥ /자몽에이드 183Kcal	과일도핑 /유기농요거트② 175Kcal	오징어어묵바⑥⑫⑰ /수제망고주스 182Kcal

①난류 ②우유 ③메밀 ④팥콩 ⑤대두 ⑥밀 ⑦고등어 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬야황산류 ⑭호두 ⑮닭고기 ⑯쇠고기 ⑰오징어 ⑱조개류(굴, 전복, 홍합 포함) ⑳잔

● 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 | qlqlem5@kizmeal.com | www.kizmeal.com





	MONDAY 월	TUESDAY 화	WEDNESDAY 수	THURSDAY 목	FRIDAY 금
1주	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <p>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), 가다랑어포(인도네시아산)</p> <p><small>* 원재료 표시안내 *</small> 햄/소시지(국내산 무항생제 5無 또는 7無), 달걀(국내산 동물복지 유정란 또는 무항생제란)</p> </div> <div style="flex: 4;"> <p>키즈밀은 엄선된 친환경 및 국내산 식자재를 선별하여 사용하고, 화학첨가물이 들어있는 가공식품은 최대한 배제하여 올바른 식습관 확립 및 균형 잡힌 영양을 제공합니다.</p> </div> </div>				01
2주	<p>04 콤비네이션피자 ①②③⑫ 허니간장닭구이⑬ 짜먹는요거트② 모듬채소샐러드 (시저드레싱)① 수제오이피클 639kcal (C92P33F13)</p>	<p>05 어린이날</p> 	<p>06 베지스테이크 ⑤⑥/소스 쌀밥 토마토에그스크램블①② 과일 유러피안샐러드 (이탈리안드레싱) 638kcal (C90P32F14)</p>	<p>07 백미밥 물쫄면①⑥ 양고기볶음 상추쌈/쌈장⑤ 가지나물 백김치/배추겉절이 626kcal (C98P30F12)</p>	<p>08 로제소스라자냐 ①②⑥⑫ 수제치킨텐더①⑥⑮ /허니머스타드① 갈릭파이①②⑥ 그린빈스구이⑤ 양상추샐러드 (딸기요거트드레싱)② 639kcal (C92P33F13)</p>
오전	과일2종 172Kcal		채소죽 182Kcal	유자시몬케익②⑥ /복숭아주스 184Kcal	코코아볼씨리얼 /유기농우유② 176Kcal
3주	<p>11 고사리오일스파게티 ①②⑥ 스위트칠리토마토스튜⑫ 양고기구이 그린샐러드 (오리엔탈드레싱) 수제모듬피클 638kcal (C90P32F14)</p>	<p>12 흑미밥 가쓰오어묵국⑤ 콩불고기⑤⑥ 콩나물무침⑤ 미니새송이조림 백김치/포기김치 626kcal (C98P30F12)</p>	<p>13 몬테크리스토샌드위치 ①②⑤⑥ 바베큐닭구이⑬ 허니웨지감자 레몬에이드 카프레제 (발사믹드레싱) 639kcal (C92P33F13)</p>	<p>14 기장밥 된장찌개 양고기찜 청포묵무침⑤ 우엉조림 백김치/깍두기 625kcal (C96P31F12)</p>	<p>15 소이커플렛 ⑤⑥/소스 미니우동⑥ 과일 모듬채소구이 양배추샐러드 (참깨드레싱)① 639kcal (C92P33F13)</p>
오전	과일2종 172Kcal	수제초코칩머핀①②⑥ /유기농우유② 182Kcal	찐옥수수/사과주스 172Kcal	현미마들렌①②⑥ /유기농매실차 183Kcal	꿀떡/유기농식혜 181Kcal
4주	<p>18 퀘사디아①②⑥ /수제과카몰리⑫ 소세지채소볶음⑤⑥ 파르펠레냉파스타 비타민샐러드 (자두드레싱)① 수제비트무피클 639kcal (C92P33F13)</p>	<p>19 수수밥 미니잔치국수⑥ 베지스테이크⑤⑥/소스 바삭멸치볶음 상추겉절이 백김치/열무김치 626kcal (C98P30F12)</p>	<p>20 하와이안카레소스 ②⑥ 백미밥 새우만두①⑥⑨ 포도푸딩 그린샐러드 (발사믹드레싱) 638kcal (C90P32F14)</p>	<p>21 백미밥 순두부찌개⑤ 굴소스치킨볶음⑬ 애호박나물 구이김 백김치/포기김치 625kcal (C96P31F12)</p>	<p>22 코티지파이 ②⑥⑫ 수제생선커플렛①⑥ 맥앤치즈①②⑥ 과일 채소샐러드⑬ (매실청드레싱) 638kcal (C90P32F14)</p>
오전	수제프레치토스트①②⑥ /유기농우유② 184Kcal	과일2종 172Kcal	시몬케익①②⑥ /수제딸기주스 183Kcal	찐고구마/유기농우유② 179Kcal	미니츄러스①②⑥ /배도라지주스 182Kcal
5주	<p>25 부처님 오신 날 *대체공휴일*</p> 	<p>26 현미밥 콩나물국⑤ 닭갈비⑬ 부추전⑥ 홀그레인오이무침 백김치/배추겉절이 625kcal (C96P31F12)</p>	<p>27 토마토리가토니 ①②⑥⑫ 알새우튀김①⑥⑨ 감자갈릭버터구이② 코울슬로 (코울슬로드레싱)① 수제오이피클 639kcal (C92P33F13)</p>	<p>28 혼합잡곡밥 복어미역국 미나리양고기볶음 계란말이①/케찹⑫ 모듬콩조림⑤ 수제깍두기/깍두기 626kcal (C98P30F12)</p>	<p>29 고르곤졸라피자 ①②⑥ 어니언크림스프②⑥ 허브갈릭치킨구이⑬ 과일 채소스틱 (요거트드레싱)② 639kcal (C92P33F13)</p>
오전		수제크랜베리머핀①②⑥ /유자차 181Kcal	파배기도넛①②⑥ /자몽에이드 183Kcal	과일도핑 /유기농요거트② 175Kcal	오징어어묵바⑥⑫⑮ /수제망고주스 182Kcal




①난류 ②우유 ③메밀 ④땅콩 ⑤대두 ⑥밀 ⑦고등어 ⑧계 ⑨새우 ⑩돼지고기 ⑪복숭아 ⑫토마토 ⑬아황산류 ⑭호두 ⑮닭고기 ⑯쇠고기 ⑰오징어 ⑱조개류(굴, 전복, 홍합 포함) ⑳ژ

● 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 q1qlm5@kizmeal.com l www. Kizmeal.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <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)</p> <p>* Ingredient Information * Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs</p> </div> <div style="flex: 2;"> <p>01</p> <p style="text-align: center;">Labor Day</p> </div> </div>				
Snack	<p>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.</p>				
2 Week	<p>04</p> <p>Combination pizza ①②③④⑤⑥⑦⑧ Honey soy sauce chicken wings⑨ Yogurt⑩ Mixed vegetable salad (Caesar dressing)⑪ Homemade pickled cucumbers 639kcal (C92P33F13)</p>	<p>05</p>  <p style="text-align: center;">Children's Day</p>	<p>06</p> <p>Homemade hamburg steak ①②③④⑤⑥⑦/sauce Rice Scrambled eggs with tomato⑧⑨ Fruit European salad (Italian dressing) 638kcal (C90P32F14)</p>	<p>07</p> <p>Rice Warm jjolmyeon in broth①② Bossam③ Lettuce wraps/ssamjang④ Seasoned eggplant Non-spicy kimchi /kimchi 626kcal (C98P30F12)</p>	<p>08</p> <p>Lasagna with rosé sauce①②③④⑤⑥ Homemade chicken tenders ⑦⑧⑨ /honey mustard⑩ Garlic pie⑪⑫ Roasted green beans⑬ Lettuce salad (Yogurt dressing)⑭ 639kcal (C92P33F13)</p>
Snack	2 Kinds of fruit 172Kcal		Beef rice porridge①② 182Kcal	Yuja Chiffon Cake③④ /Peach Juice 184Kcal	Cocoa ball cereal /Organic milk⑤ 176Kcal
3 Week	<p>11</p> <p>Bracken oil spaghetti ①②③④⑤ Sweet chili tomato stew⑥ Grilled pork tenderloin ⑦ Green salad (Oriental dressing) Homemade assorted pickles 638kcal (C90P32F14)</p>	<p>12</p> <p>Black rice Katsubushi fish cake soup⑧ Beef bulgogi⑨ Seasoned bean sprouts⑩ Braised mushrooms Non-spicy kimchi /kimchi 626kcal (C98P30F12)</p>	<p>13</p> <p>Monte cristo sandwich ①②③④⑤ Grilled BBQ chicken wings⑥ Honey wedge potatoes Lemonade Caprese salad (Balsamic dressing) 639kcal (C92P33F13)</p>	<p>14</p> <p>Millet rice Soybean paste stew Braised pork shank⑦ Seasoned mung bean jelly⑧ Braised burdock root Non-spicy kimchi /Radish Kimchi 625kcal (C96P31F12)</p>	<p>15</p> <p>Homemade pork loin cutlet①②③④/sauce Mini udon⑤ Fruit Grilled mixed vegetables Cabbage salad (Sesame dressing)⑥ 639kcal (C92P33F13)</p>
Snack	2 Kinds of fruit 172Kcal	Homemade chocolate chip muffin①②③ /Organic milk④ 182Kcal	Steamed corn /Apple juice 172Kcal	Brown rice madeleine①②③ /Organic plum tea 183Kcal	Honey rice cake /Organic sikhye 181Kcal
4 Week	<p>18</p> <p>Quesadilla①②③ /Homemade guacamole④ Stir-fried sausages with vegetables⑤ Cold farfalle pasta Vitamin salad (Plum dressing)⑥ Homemade pickled radish with beet 639kcal (C92P33F13)</p>	<p>19</p> <p>Sorghum rice Mini noodles⑧ Homemade tteokgalbi ①②③④⑤/sauce Stir-fried anchovies Seasoned lettuce salad Non-spicy kimchi /Young Radish Kimchi 626kcal (C98P30F12)</p>	<p>20</p> <p>Hawaiian curry sauce ①②③④ Rice Dumplings⑤⑥⑦ Grape pudding Green salad (Balsamic dressing) 638kcal (C90P32F14)</p>	<p>21</p> <p>Rice Soft tofu stew⑧ Stir-fried beef with oyster sauce⑨⑩ Seasoned zucchini Roasted seaweed Non-spicy kimchi /kimchi 625kcal (C96P31F12)</p>	<p>22</p> <p>Cottage pie ①②③④ Homemade fish cutlet⑤⑥ Mac and cheese⑦⑧⑨ Fruit Bulgogi salad⑩ (Plum dressing) 638kcal (C90P32F14)</p>
Snack	Homemade french toast①②③ /Organic milk④ 184Kcal	2 Kinds of fruit 172Kcal	Chiffon cake①②③④ /Homemade strawberry juice 183Kcal	Steamed sweet potato/Organic milk⑤ 179Kcal	Mini churros①②③④ /Pear & bellflower root juice 182Kcal
5 Week	<p>25</p>  <p style="text-align: center;">Observed Holiday</p>	<p>26</p> <p>Brown rice Bean sprout soup⑧ Dakgalbi⑨ Chive pancake⑩ Cucumber with whole grain mustard Non-spicy kimchi /kimchi 625kcal (C96P31F12)</p>	<p>27</p> <p>Rigatoni with meat tomato sauce①②③④⑤⑥⑦ Fried shrimp⑧⑨⑩ Garlic butter roasted potatoes⑪ Coleslaw (Coleslaw dressing)⑫ Homemade pickled cucumbers 639kcal (C92P33F13)</p>	<p>28</p> <p>Mixed grain rice Dried pollock and seaweed soup Stir-fried pork with water parsle⑩ Rolled omelette⑪ /ketchup ⑫ Braised mixed beans⑬ Homemade radish kimchi / radish kimchi 626kcal (C98P30F12)</p>	<p>29</p> <p>Gorgonzola pizza ①②③④ Onion cream soup⑤⑥ Herb garlic roasted chicken⑦ Fruit Vegetable sticks (Yogurt dressing)⑧ 639kcal (C92P33F13)</p>
Snack		Homemade cranberry muffin ①②③④/Yuja tea 181Kcal	Twisted donut ①②③④ /Grapefruit ade 183Kcal	Fruit topping /Organic yogurt ⑤ 175Kcal	Squid fish cake⑥⑦⑧⑨ /Homemade mango juice 182Kcal




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.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Week	<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <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)</p> <p>* Ingredient Information * Ham/Sausage: Domestic antibiotic-free (5-Free or 7-Free products) Eggs: Domestic animal welfare fertilized eggs or antibiotic-free eggs</p> </div> <div style="flex: 1; padding-left: 10px;"> <p>01</p> <p style="text-align: center;">Labor Day</p> </div> </div>				
Snack	<p>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.</p>				
2 Week	<p>04</p> <p>Combination pizza ①②③④⑤ Honey soy sauce chicken⑥ Yogurt⑦ Mixed vegetable salad (Caesar dressing)⑧ Homemade pickled cucumbers 639kcal (C92P33F13)</p>	<p>05</p> <p style="text-align: center;">Children's Day</p> 	<p>06</p> <p>Veggie steak⑨⑩ /sauce Rice Scrambled eggs with tomato⑪⑫ Fruit European salad (Italian dressing) 638kcal (C90P32F14)</p>	<p>07</p> <p>Rice Warm jjolmyeon in broth⑬⑭ Stir-fried lamb Lettuce wraps/ssamjang⑮ Seasoned eggplant Non-spicy kimchi /kimchi 626kcal (C98P30F12)</p>	<p>08</p> <p>Lasagna with rosé sauce⑯⑰⑱ Homemade chicken tenders ⑲⑳㉑ /honey mustard㉒ Garlic pie㉓㉔ Roasted green beans㉕ Lettuce salad (Yogurt dressing)㉖ 639kcal (C92P33F13)</p>
Snack	2 Kinds of fruit 172Kcal		vegetable rice porridge 182Kcal	Yuja Chiffon Cake㉗㉘ /Peach Juice 184Kcal	Cocoa ball cereal /Organic milk㉙ 176Kcal
3 Week	<p>11</p> <p>Bracken oil spaghetti ①②③ Sweet chili tomato stew④ Grilled lamb Green salad (Oriental dressing) Homemade assorted pickles 638kcal (C90P32F14)</p>	<p>12</p> <p>Black rice Katsuobushi fish cake soup⑤ Soy meat bulgogi⑥⑦ Seasoned bean sprouts⑧ Braised mushrooms Non-spicy kimchi /kimchi 626kcal (C98P30F12)</p>	<p>13</p> <p>Monte cristo sandwich ①②③④ Grilled BBQ chicken⑤ Honey wedge potatoes Lemonade Caprese salad (Balsamic dressing) 639kcal (C92P33F13)</p>	<p>14</p> <p>Millet rice Soybean paste stew Braised lamb Seasoned mung bean jelly⑥ Braised burdock root Non-spicy kimchi /Radish Kimchi 625kcal (C96P31F12)</p>	<p>15</p> <p>Veggie cutlet⑦⑧ /sauce Mini udon⑨ Fruit Grilled mixed vegetables Cabbage salad (Sesame dressing)⑩ 639kcal (C92P33F13)</p>
Snack	2 Kinds of fruit 172Kcal	Homemade chocolate chip muffin⑪⑫ /Organic milk⑬ 182Kcal	Steamed corn /Apple juice 172Kcal	Brown rice madeleine⑭⑮ /Organic plum tea 183Kcal	Honey rice cake /Organic sikhye 181Kcal
4 Week	<p>18</p> <p>Quesadilla⑯⑰⑱ /Homemade guacamole⑲ Stir-fried sausages with vegetables⑳㉑ Cold farfalle pasta Vitamin salad (Plum dressing)㉒ Homemade pickled radish with beet 639kcal (C92P33F13)</p>	<p>19</p> <p>Sorghum rice Mini noodles⑳ Veggie steak㉑㉒ /sauce Stir-fried anchovies Seasoned lettuce salad Non-spicy kimchi /Young Radish Kimchi 626kcal (C98P30F12)</p>	<p>20</p> <p>Hawaiian curry sauce ㉓㉔ Rice Dumplings㉕㉖㉗ Grape pudding Green salad (Balsamic dressing) 638kcal (C90P32F14)</p>	<p>21</p> <p>Rice Soft tofu stew㉘ Stir-fried chicken with oyster sauce㉙㉚ Seasoned zucchini Roasted seaweed Non-spicy kimchi /kimchi 625kcal (C96P31F12)</p>	<p>22</p> <p>Cottage pie ㉛㉜㉝ Homemade fish cutlet㉞㉟ Mac and cheese㊱㊲㊳ Fruit Vegetable salad (Plum dressing) 638kcal (C90P32F14)</p>
Snack	Homemade french toast㊴㊵ /Organic milk㊶ 184Kcal	2 Kinds of fruit 172Kcal	Chiffon cake㊷㊸㊹ /Homemade strawberry juice 183Kcal	Steamed sweet potato/Organic milk㊺ 179Kcal	Mini churros㊻㊼㊽ /Pear & bellflower root juice 182Kcal
5 Week	<p>25</p> <p style="text-align: center;">Observed Holiday</p> 	<p>26</p> <p>Brown rice Bean sprout soup㊾ Dakgalbi㊿ Chive pancake㉑ Cucumber with whole grain mustard Non-spicy kimchi /kimchi 625kcal (C96P31F12)</p>	<p>27</p> <p>Rigatoni with tomato sauce㉒㉓㉔㉕ Fried shrimp㉖㉗ Garlic butter roasted potatoes㉘ Coleslaw (Coleslaw dressing)㉙ Homemade pickled cucumbers 639kcal (C92P33F13)</p>	<p>28</p> <p>Mixed grain rice Dried pollock and seaweed soup Stir-fried lamb with water parsley Rolled omelette㉚ /ketchup ㉛ Braised mixed beans㉜ Homemade radish kimchi / radish kimchi 626kcal (C98P30F12)</p>	<p>29</p> <p>Gorgonzola pizza ㉝㉞ Onion cream soup㉟ Herb garlic roasted chicken㊱ Fruit Vegetable sticks (Yogurt dressing)㊲ 639kcal (C92P33F13)</p>
Snack	Homemade cranberry muffin ㉑㉒㉓/Yuja tea 181Kcal	Twisted donut ㉔㉕ /Grapefruit ade 183Kcal	Fruit topping /Organic yogurt ㉖ 175Kcal	Squid fish cake㉗㉘㉙ /Homemade mango juice 182Kcal	

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

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