

DEC.2021

Dwight School Seoul



	29/11/2021					30/11/2021					01/12/2021					02/12/2021					03/12/2021				
Western	Bolognaise Spagetti (Beef:Australia)					Pulled Chicken Burger (Chicken:Brazil)					Pork Fajita (Pork:korea)					Potato Cheese Wellington					Udon w. Fish cake Skewer				
	Italian Bread					French Fries					Tomato Salsa & Sour Cream					Stir-fried Meat ball w. Vegetable (Pork:korea,Beef:Korea/Australia)									
	Greenbean Saute					Plain Yogurt					Paprika Saute					Grilled Tomato					Crispy Shrimp				
	TO	GL	B			CH	GL	D	PO		PK	TO	D	GL		PO	D	GL	PK	TO	Pickled Yellow Radish Muchim				
Asian	Mapa Tofu (Pork:Korea)					Tteokbokki & Boiled Egg					Teriyaki Chicken (Chicken:Brazil)					Soy-braised Pork with Egg (Pork:korea)					Mushroom Saute				
	Crispy Gyoza (Pork:Korea)					Seaweed Rice Ball					Acorn Jelly Muchim					Stir-fried Small Potato									
	Swiss Chard Muchim					Vegetable Tempura					Cucumber Yuzu Muchim														
	B	SOY	GL	PK		EGG	GL				CH	SOY	CU			PK	EGG	PO	SOY		F	GL	SOY	SH	
Vegetarian	Tomato Spagetti & Bread					Vegetarian Burger & French Fries					Mushroom Avocado Fajita					Potato Cheese Wellington & Bread crumbed Onion Rings					Yaki Udon & Sweet Potato Tempura				
	TO	GL				GL	D	PO			D	GL				PO	D	GL			GL	SOY			
Halal	Bolognaise Ragout w.Pasta (Beef:Australia)					BBQ Chicken Burger (Chicken:Brazil)					Teriyaki Chicken (Chicken:Brazil)					Potato Cheese Wellington					Yaki Udon				
	Italian Bread					French Fries & Cheese Stick					Avocado Fajita					BBQ Chicken Stick (Chicken:Brazil)					Crispy Shrimp & Sweet Potato Tempura				
	Roasted Button Mushroom					Roasted Brussel Sprouts					Paprika Saute					Grilled Tomato					Broccoli Saute				
	TO	GL				CH	GL	D	PO		CH	SOY	D	GL		PO	D	GL	CH	TO	GL	SOY	SH		
Banchan	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice				
	Beet Salad/Yogurt					Orange Salad					Garbanzo Salad					Green Salad					Grapefruit Salad				
	Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi				
	F	D				F	FR				F	B				F					F	FR			

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric

Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

*The menu may change depending on the food supply situation.



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	06/12/2021					07/12/2021					08/12/2021					09/12/2021					10/12/2021				
Western	Coconut Chicken Curry (Chicken:Brazil)					Fish Cutlet					Cheese Hamburg Steak (Chicken:korea,Beef:Australia)					BBQ Pork Chop (Pork:korea)					Chilli Con Carne (Chicken:Korea)				
	Bread crumbed Onion Rings & Balsamic Beans					Oven Roasted Potato					Mashed Sweet Potato					Milky Bun					Papadoms & Sour Crem& Guacamole				
	Zucchini Saute					Cauliflower Saute					Homemade Pickle					Mushroom Saute					Corn on the Cob				
	TU	CH	GL	B		CH	GL	D	PO		D	CH	CU			PK	GL	TO			CH	TO	D	GL	
Asian	Pork Japchae w. Chives (Pork:korea)					Soy-braised Chicken (Chicken:Korea)					Beef Bibimbap w. Fried Egg (Beef:Australia)					Korean Chicken Soup w. Noodle (Chicken:korea)					Spicy Pork (Pork:korea)				
	Chinese White Bread					Stir-fried Fish cake w. vegetables					Mashed Sweet Potato					Sweet Sour Pork (Pork:korea)					Glazed Sweet Potato				
	Zucchini Saute					Swiss Chard Namul					Homemade Pickle					Obokji/Stir-fried Oyster Mushroom					Mungbean sprouts Namul				
	PK	SOY	GL			CH	SOY	F			EGG	CU				CH	GL	PK			PK				
Vegetarian	Vegetable Curry & Baked Egg in Avocado					Tofu Steak w. Teriyaki Vegetables (Bean:Imported)					Bibimbap w. Fried Egg					Cheesy Mushroom Quesadilla w. Salsa & Sour cream					Vegan Soy Bulgogi (Bean:Imported)				
	TU	EGG				GL	D	PO			EGG					D	GL	TO			B	SOY			
Halal	Coconut Chicken Curry (Chicken:Brazil)					Fish & Chips					Cheese Hamburg Steak (Beef:Australia)					Cheesy Mushroom Quesadilla					Chilli Con Carne (Chicken:Brazil)				
	Cheese Stick & Bread crumbed Onion Rings					Asparagus Saute					Mashed Sweet Potato					Homemade Karaage (Chicken:Brazil)					Papadoms & Baked Potato				
	Zucchini Saute					Roasted Cauliflower					Homemade Pickle					Mushroom Saute					Corn on the Cob				
	TU	CH	D	GL		CH	GL	D	PO		D	CU				D	GL	TO	CH		CH	TO	D	GL	PO
Banchan	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice				
	Apple Mango Salad					Paprika Salad					Green Salad / Banana					Coleslaw Salad					Green Salad				
	Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi				
	F	FR				F					F					F	EGG				F				

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Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

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	13/12/2021					14/12/2021					15/12/2021					16/12/2021					17/12/2021				
Western	Chicken Pilaf w. Fried Egg (Chicken:Korea)					Chicken Alfredo (Chicken:Brazil)					Brown Pork Stew (Pork:korea)					Oven Roasted Chicken Leg (Chicken:Korea)					 Chicken Karaage (Chicken:Korea) Cold Pasta Mix BBQ Beans				
	Grilled White Sausage (Pork:korea)					Garlic Baguette					Basil Focaccia														
Green bean Salad					Ratatouille					Paprika Saute															
CH	EGG	PK			CH	D	GL	TO		PK	GL				CH	PO	CU	LE							
Asian	Pork Donkatsu (Pork:korea)					Grilled Short Rib Patty (Pork:korea)					Korean Spicy Chicken (Chicken:Korea)					Crispy Potato Fries Cucumber Muchim Homemade Pickle									
	Roasted Sweet Pumpkin					Vegetable Japchae					Chives Pancake					Lemonade									
	Soy-braised Lotus					Soy-braised Tofu					Seasoned Seaweed														
PK	GL	SOY			PK	SOY	GL	B		CH	GL				CH	PO	CU	LE							
Vegetarian	Pumpkin Cheese Gratin w. Vegan Doughnut (Bean:Imported)					Chickpeas Pasta w. Olives					Vegetable Taco w. Nacho Chips					Falafel w. Yogurt Sauce					Pad Thai & Vegetable Tempura				
	D	B				B	GL	D			GL	D				B	D				GL				
Halal	Chicken Pilaf w. Fried Egg (Chicken:Brazil)					Chicken Alfredo (Chicken:Brazil)					Cheesy Soy-braised Chicken (Chicken:Brazil)					Honey Glazed Chicken (Chicken:Brazil)					Chicken Karaage (Chicken:Brazil)				
	Sweet Pumpkin Cheese Gratin					Garlic Baguette					Oven Roasted Potato					Potato Chips					Cheese Stick & Pasta Mix				
	Green bean Saute					Ratatouille					Paprika Saute					Homemade Pickle					BBQ Beans				
CH	EGG	D			CH	D	GL	TO		CH	SOY	PO	D		CH	HONEY	PO	CU		CH	D	GL	B		
Banchan	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice				
	Beet Salad					Grape Salad					Cherry Tomato					Olive Salad					Green Salad				
	Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi					Kimchi / White Kimchi				
F					F	FR				F	TO				F					F					

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	29/11/2021					30/11/2021					01/12/2021					02/12/2021					03/12/2021				
Western	볼로네제스파게티 (우육:호주산)					폴드치킨버거 (계육:브라질산)					포크화히타 (돈육:국내산)					감자치즈웰링턴					꼬치어묵우동 새우튀김 단무지유자무침				
	이탈리안 브레드					감자튀김					토마토&사워크림					미트볼조림 (돈육:국내산,우육:국내산/호주산)									
	그린빈 소테					요플레					그릴드파프리카					그릴드방울토마토									
	TO	GL	B			CH	GL	D	PO		PK	TO	D	GL		PO	D	GL	PK	TO					
Asian	마파두부 (돈육:국내산)					떡볶이&삼은계란					데리야끼치킨구이 (계육:브라질산)					제육계란장조림 (돈육:국내산)					볶음우동 새우튀김 단무지유자무침				
	교자만두튀김 (돈육:국내산)					김가루주먹밥					도토리묵무침					알감자볶음									
	근대나물무침					모듬튀김					오이유자무침					새송이버섯소테									
	B	SOY	GL	PK		EGG	GL				CH	SOY	CU			PK	EGG	PO	SOY		F	GL	SOY	SH	
Vegetarian	토마토 스파게티&빵					베지테리안버거&감자튀김					버섯아보카도화히타					감자치즈웰링턴&양파링튀김					볶음우동&고구마튀김				
	TO	GL				GL	D	PO			D	GL				PO	D	GL			GL	SOY			
Halal	볼로네제라구w. 파스타 (우육:호주산)					BBQ 치킨 버거 (계육:브라질산)					데리야끼치킨구이 (계육:브라질산)					감자치즈웰링턴					볶음우동				
	이탈리안 브레드					감자튀김 & 치즈스틱					아보카도화히타					버팔로스틱 (계육:브라질산)					새우튀김&고구마튀김				
	양송이 구이					방울양배추구이 & 요플레					그릴드파프리카					그릴드방울토마토					브로콜리소테				
	TO	GL				CH	GL	D	PO		CH	SOY	D	GL		PO	D	GL	CH	TO	GL	SOY	SH		
Banchan	쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥				
	비트샐러드/요거트					오렌지 샐러드					병아리콩샐러드					그린샐러드					자몽샐러드				
	김치/백김치					김치/백김치					김치					김치					김치				
	F	D				F	FR				F	B				F					F	FR			

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Western	코코넛치킨카레 (계육:브라질)					생선크롤렛					치즈함박스테이크 (우육:호주산,계육:국내산)					바베큐복합 (돈육:국내산)					칠리콘가르네 (계육:국내산)				
	양파링튀김&발사믹빈스					감자오븐구이					고구마범벅					밀키번					파파돔스&사워크림&구아카몰				
	그릴드쥬키니					컬리플라워구이					홈메이드피클					버섯스테					통옥수수구이				
	TU	CH	GL	B		F	GL	PO			D	CH	CU			PK	GL	TO			CH	TO	D	GL	
Asian	돼지고기부추잡채 (돈육:국내산)					안동찜닭 (계육:국내산)					소고기비빔밥*계란후라이 (우육:호주산)					닭곰탕*소면사리 (닭:국내산)					제육볶음 (돈육:국내산)				
	꽃빵					어묵볶음					고구마범벅					탕수육 (돈육:국내산)					고구마맛탕				
	호박볶음					근대나물					홈메이드피클					오복지/느타리버섯볶음					숙주나물				
	PK	SOY	GL			CH	SOY	F			EGG	CU				CH	GL	PK			PK				
Vegetarian	야채커리*아보카도예그					두부스테이크&데리아끼소스 (대두:외국산)					비빔밥*계란후라이					머쉬룸치즈퀘사디아 &샐사/사워크림					콩불고기 (대두:외국산)				
	TU	EGG				B	SOY				EGG					D	GL	TO			B	SOY			
Halal	코코넛치킨카레 (계육:브라질)					수제치킨가라아게 (계육:브라질산)					치즈함박스테이크 (우육:호주산)					머쉬룸치즈퀘사디아					칠리콘가르네 (계육:국내산)				
	치즈스틱&양파링					감자튀김					고구마범벅					치킨가라아게 (계육:브라질산)					파파돔스&구운감자				
	그릴드쥬키니					컬리플라워구이					홈메이드피클					버섯스테					통옥수수구이				
	TU	CH	D	GL		CH	PO				D	CU				D	GL	TO	CH		CH	TO	D	GL	PO
Banchan	쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥				
	애플망고샐러드					파프리카샐러드					그린샐러드/바나나					코울슬로샐러드					그린샐러드				
	김치					김치					김치					김치					김치				
	F	FR				F					F					F	EGG				F				

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Western	치킨필라프*계란후라이 (계육:국내산)					치킨알프레도 (계육:브라질산)					브라운포크스튜 (돈육:국내산)					<div style="text-align: center;"> </div>									
	화이트소세지구이 (돈육:국내산)					갈릭바게트					포카치아														
	그린빈소테					라따뚜이					파프리카소테					닭다리오븐구이 (계육:국내산)									
	CH	EGG	PK			CH	D	GL	TO		PK	GL				CH	PO	CU	LE		CH	GL	B		
Asian	등심돈가스 (돈육:국내산)					떡갈비구이 (돈육:국내산)					닭갈비 (계육:국내산)					감자튀김 오이무침 홈메이드피클									
	단호박구이					한식잡채					부추전					레몬에이드									
	연근조림					두부조림					김자반					바베큐빈스									
	PK	GL	SOY			PK	SOY	GL	B		CH	GL				CH	PO	CU	LE		CH	GL	B		
Vegetarian	단호박치즈그라탕*콩도넛 (대두:외국산)					병아리콩올리브오일파스타					야채타코&나초					팔라펠 w.요거트소스									
	볶음쌀국수&야채튀김																								
	D	B				B	GL	D			GL	D				B	D				GL				
Halal	치킨필라프 (계육:브라질산)					치킨알프레도 (계육:브라질산)					간장치즈닭갈비 (계육:브라질산)					허니글레이즈치킨 (계육:브라질)									
	단호박치즈그라탕					갈릭바게트					감자오븐구이					감자튀김									
	그린빈소테					라따뚜이					파프리카소테					홈메이드피클									
	CH	EGG	D			CH	D	GL	TO		CH	SOY	PO	D		CH	HONEY	PO	CU		CH	D	GL	B	
Banchan	쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥					쌀밥/잡곡밥									
	비트샐러드					포도샐러드					방울토마토샐러드					올리브샐러드									
	김치					김치					김치					김치									
	F					F	FR				F	TO				F					F				

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	29/11/2021				30/11/2021				01/12/2021				02/12/2021				03/12/2021			
Western	Bolognaise Spagetti (Beef:Australia)				Pulled Chicken Burger (Chicken:Brazil)				Pork Fajita (Pork:korea)				Potato Cheese Wellington				Udon w. Fish cake Skewer			
	TO	GL	B		CH	GL	D	PO	PK	TO	D	GL	PO	D	GL	PK				
Asian	Mapa Tofu (Pork:Korea)				Tteokbokki & Boiled Egg				Teriyaki Chicken (Chicken:Brazil)				Soy-braised Pork with Egg (Pork:korea)							
	B	SOY	GL	PK	EGG	GL			CH	SOY	CU		PK	EGG	PO	SOY	F	GL	SOY	SH
Veg	Tomato Spagetti & Bread				Vegetarian Burger & French Fries				Mushroom Avocado Fajita				to Cheese Wellington & Bread crumbed Onion F				Yaki Udon & Sweet Potato Tempura			
	TO	GL			GL	D	PO		D	GL			PO	D	GL		GL	SOY		
	06/12/2021				07/12/2021				08/12/2021				09/12/2021				10/12/2021			
Western	Coconut Chicken Curry (Chicken:Brazil)				Fish Cutlet				Cheese Hamburg Steak (Chicken:korea,Beef:Australia)				BBQ Pork Chop (Pork:korea)				Chilli Con Carne (Chicken:Korea)			
	TU	CH	GL	B	CH	GL	D	PO	D	CH	CU		PK	GL	TO		CH	TO	D	GL
Asian	Pork Japchae w. Chives (Pork:korea)				Soy-braised Chicken (Chicken:Korea)				Beef Bibimbap w. Fried Egg (Beef:Australia)				Korean Chicken Soup w. Noodle (Chicken:korea)				Spicy Pork (Pork:korea)			
	PK	SOY	GL		CH	SOY	F		EGG	CU			CH	GL	PK		PK			
Veg	Vegetable Curry & Baked Egg in Avocado				Tofu Steak w. Teriyaki Vegetables (Bean:Imported)				Bibimbap w. Fried Egg				Cheesy Mushroom Quesadilla w. Salsa & Sour cream				Vegan Soy Bulgogi (Bean:Imported)			
	TU	EGG			GL	D	PO		EGG				D	GL	TO		B	SOY		
	13/12/2021				14/12/2021				15/12/2021				16/12/2021				17/12/2021			
Western	Chicken Pilaf w. Fried Egg (Chicken:Korea)				Chicken Alfredo (Chicken:Brazil)				Brown Pork Stew (Pork:korea)				Oven Roasted Chicken Leg (Chicken:Korea)				Chicken Karaage (Chicken:Korea)			
	CH	EGG	PK		CH	D	GL	TO	PK	GL										
Asian	Pork Donkatsu (Pork:korea)				Grilled Short Rib Patty (Pork:korea)				Korean Spicy Chicken (Chicken:Korea)											
	PK	GL	SOY		PK	SOY	GL	B	CH	GL			CH	PO	CU	LE	CH	GL	B	
Veg	Pumpkin Cheese Gratin w. Vegan Doughnut (Bean:Imported)				Chickpeas Pasta w. Olives				Vegetable Taco w. Nacho Chips				Falafel w. Yogurt Sauce				Pad Thai & Vegetable Tempura			
	D	B			B	GL	D		GL	D			B	D			GL			

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric
 Country of Origin:Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage:Korean), Rice:Korean

*The menu may change depending on the food supply situation.