



	10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Western	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Asian	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Vegetarian	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Halal	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Daily Soup					
Banchan					
Salad bar					
Daily Fruit					

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.



	11/6/2023					11/7/2023					11/8/2023					11/9/2023					11/10/2023				
Western	Jambalaya Rice (Beef: Australia, Pork: Korea)					Bacon Carbonara (Pork: Imported)					Grilled Chicken (Chicken: Brazil)					Swedish Meatball (Beef,Pork: Imported)					BBQ Pork Chop (Pork: Korea)				
	Fried Onion Ring					Fusilli Pasta					Macaroni Salad					Provencal Roasted Potato					French Fries				
	Sauté Mushroom					Home-Made Pickles					Corn Sauté					Oyster Mushroom Sauté					Green Pea Sauté				
	PK	GL				GL	PK	D	EGG	CU	CH	GL	EGG	B		PK	PO	GL			PK	PO	B		
Asian	Korean Chicken Soup & Noodles (Chicken: Korea)					Beef Beansprout Bibimbab (Beef: Australia)					Udon & Fishcake					Stir-Fried Spicy Chicken (Chicken: Brazil)					Beef Curry Rice (Beef: Australia)				
	Soy-Braised Eggs					Soy-Braised Lotus					Fried Vegetables					Vegetable Japchae					Soy-Braised Potatoes				
	Dried Radish Muchim					Eggplant Sauté					Seasoned Green Plum Pickle					Seasoned Garlic Stem					Dried Radish Muchim				
	CH	GL	EGG			SOY	B				F	GL	SOY				CH	GL	SOY		TO	PO			
Vegetarian	Vegetarian Hamburger Steak					Cauliflower Gratin					Bean Based Bulgogi					Vegetarian Meatball					Vegetarian Hashed Rice				
	B	TO				GL	D				B	GL				B	GL				TO	PO			
Halal	Beef Stir-fried Rice (Beef: Australia)					Chicken Carbonara (Chicken: Brazil)					Grilled Chicken (Chicken: Brazil)					Stir-Fried Spicy Chicken (Chicken: Brazil)					Hashed Beef Rice (Beef: Australia)				
	Fried Onion Ring					Fusilli Pasta					Macaroni Salad					Vegetable Japchae					French Fries				
	Sauté Mushroom					Home-Made Pickles					Seasoned Green Plum Pickle					Seasoned Garlic Stem					Coleslaw				
	GL	D	EGG			CH	GL	CU	EGG	D	CH	GL	EGG	B		SOY	CH	GL			PO	D	B		
Daily Soup	Korean Chicken Soup (Chicken: Korea)					Egg Soup					Udon Soup					Soybean Soup					Miso Soup				
	CH	GL				SOY	EGG				SOY					SOY	B				B	SOY			
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				
	Seasoned Garlic Stem					Dried Radish Muchim					Soy-Braised Lotus					Beansprout Muchim					Seaweed Salad				
	Red Kimchi					Red Kimchi					Red Kimchi					Red Kimchi					Red Kimchi				
	SOY					SOY					SOY					B					S				
Salad bar	Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad				
	6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings				
	Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)				
	FR	D				FR	D				FR	D				FR	D				FR	D			
Daily Fruit	Pineapple Jelly					Orange					Banana					Grape Jelly					Fruit Juice				

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

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



	11/13/2023	11/14/2023	11/15/2023	11/16/2023	11/17/2023
Western	Fish Cutlet with Tartar Sauce (Pollock: China) French Fries Green Pea Sauté	Chicken Fajita (Chicken: Brazil) Tortilla with Tomato Salsa & Sour Cream Paprika Sauté	Grilled Flounder (Flounder: USA) Pasta Salad Ratatouille	Roasted Chicken Thigh (Chicken: Koea) Provencal Roasted Potatoes Oyster Mushroom Sauté	Beef Lasagna (Beef: Australia) Basil Foccacia Mexican Beans Salad
	F PO B EGG CU	CH GL TO D	TO GL F	CH PO	B GL D B
Asian	Rice with Black Bean Sauce (Pork: Korea) Stir-Fried Eggplant Yuza Cucumber Muchim	Korean Braised Chicken (Chicken: Brasil) Fried Potsticker (Pork: Korea) Zucchini Sauté	Tteokbokki & Egg Fried Kimmali Radish Muchim	Korean Beef Bone Soup w. Noodle (Beef: Australia) Chives Pancakes Soy-Braised Burdock Roots	Crispy Pork Cutlet (Pork: Korea) Coleslaw Soy Braised Beans
	B CU PK	PK PO CH	EGG GL F	SOY EGG GL	PK GL D B
Vegetarian	Vegetarian Black Bean Sauce & Crispy Spring Roll	Vegetable Fajita	Tteokbokki & Egg	Frittata	Vegetarian Lasagna
	GL B	GL D	EGG GL	EGG	TO D
Halal	Fish Cutlet with Tartar Sauce (Pollock: China) French Fries Yuza Cucumber Muchim	Chicken Fajita (Chicken: Brazil) Tortilla with Tomato Salsa & Sour Cream Paprika Sauté	Grilled Flounder (Flounder: USA) Fried Kimmali Radish Muchim	Roasted Chicken Thigh (Chicken: Koean) Provencal Roasted Potatoes Oyster Mushroom Saute	Beef Lasagna (Beef: Australia) Basil Foccacia Mexican Beans Salad
	F PO CU	CH GL TO D	F GL EGG	CH PO	GL B TO D
Daily Soup	Egg Soup	Soybean Soup	Udon Soup	Korean Beef Bone Soup (Beef: Australia)	Miso Soup
	Egg Soy	B Soy	Soy F	GL	B SOY
Banchan	White Rice / Multi Grain Rice Soy-Braised Lotus Red Kimchi	White Rice / Multi Grain Rice Seaweed Salad Red Kimchi	White Rice / Multi Grain Rice Dried Radish Muchim Red Kimchi	White Rice / Multi Grain Rice Seasoned Garlic Stem Red Kimchi	White Rice / Multi Grain Rice Seasoned Bean Sprout Muchim Red Kimchi
	Soy	S	Soy	Soy	SOY B
Salad bar	Lettuce Salad 6 Healthy Toppings Salad Dressing (3 types)	Lettuce Salad 6 Healthy Toppings Salad Dressing (3 types)	Lettuce Salad 6 Healthy Toppings Salad Dressing (3 types)	Lettuce Salad 6 Healthy Toppings Salad Dressing (3 types)	Lettuce Salad 6 Healthy Toppings Salad Dressing (3 types)
	FR D	FR D	FR D	FR D	FR D
Daily Fruit	Pineapple Jelly	Orange	Banana	Grape Jelly	Fruit Juice

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

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



	11/20/2023					11/21/2023					11/22/2023					11/23/2023					11/24/2023				
Western	Chicken Burger (Chicken:Korean)					Greek Grilled Chicken Breast (Chicken: Korea)					Pulled Pork (Pork: Korea)					Thanks Giving Special					Meat Loaf with Tomato Sauce (Beef: Australia)				
	Hash Brown					Tzatziki Sauce & Tortilla					Milky Bun										Poccachia				
	Cole Slaw					Green Beans Sauté					Pumpkin Sauté						Vegetable Pickles								
	TO	B	GL	D		D	CH	GL	B		PK	GL	D				TO	GL	D	EGG	CU				
Asian	Bulgogi Burger Chicken: Korean, Pork: korean)					Bacon Kimchi Pilaf (Pork: Imported)					Beef Bulgogi (Beef: Australia)					Chicken roulade (Chicken:Brasil)					Yangnyeom Chicken with Rice Cake (Chicken: Brazil)				
	Hash Brown					Fried Egg					Steamed Cabbage & Ssamjang										Roasted Sweet Potatoes				
	Cole Slaw					Seasoned Seaweed					Radish & Beet Jangajji					Stuffed Whole Pumpkin (Vegetarian)					Radish Pickles				
	F	GL	EGG			PK	EGG	S			B	SOY					CH								
Vegetarian	Vegetarian Burger					Vegetable Chop Steak					Fallafel & Hummus					Mashed Potatos					Spicy Vegetable Ball & Ricecake				
	EGG					B					TO										B				
																Assorted Grilled Vegetables									
Halal	Beef Burger (Beef: Australia)					Greek Grilled Chicken Breast (Chicken: Korea)					Beef Bulgogi (Beef: Australia)					Yangnyeom Chicken with Rice Cake (Chicken: Brazil)					Roasted Sweet Potatoes				
	Tortilla Chips & Sour Cream					Tzatziki Sauce & Tortilla					Steamed Cabbage & Ssamjang										Radish Pickles				
	Corn Sauté					Green Beans Saute					Radish & Beet Jangajji														
	GL	TO	D	B	EGG	GL	CH	D	B		B	SOY	D			TU	CH	GL	D	TO	CH				
Daily Soup	Udon Soup					Bean Sprout Soup					Soybean Soup					Egg Soup					Beef Radish Soup				
	F	SOY				SOY	B				SOY	B				EGG					SOY				
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				
	Seasoned Lotus Roots					Dried Radish Muchim					Soy-Braised BlackBeans					Seaweed Salad					Pickled Perilla Leaves				
	Red Kimchi					Red Kimchi					Red Kimchi					Red Kimchi					Red Kimchi				
	SOY	GL				SOY	GL				SOY	B				S					SOY				
Salad bar	Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad				
	6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings				
	Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)				
	FR	D				FR	D				FR	D				FR	D				FR	D			
Daily Fruit	Drinks					Orange					Banana					Grape Jelly					Fruit Juice				

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

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



	11/27/2023					11/28/2023					11/29/2023					11/30/2023					12/1/2023				
Western	Bolognese (Beef: Australia)					Cottage Pie (Beef: Australia)					Beef Pilaf (Beef:Australia)					Honey Glazed Chicken (Chicken:Brasil)									
	Penne Pasta					Grilled Sweet Potato					Provencial Potato					Hash Brown									
	Greenbean Sauté					Broccoli Sauté					Oyster Mushroom Sauté					Corn Sauté									
	TO	GL				GL	EGG	D																	
Asian	Crispy Pork Cutlet (Pork: Korea)					Chicken Mayo Rice Bowl (Chicken: Brazil)					Soybean Sauce Pork Bulgogi (Pork:Korean)					Mapo Tofu (Pork:Korean)									
	Spicy Buckwheat Noodles					Seasoned Acorn Jelly with Vegetables					Braised Quail Egg					Fried Potsticker (Pork: Korea)									
	Soy - Braised Blackbeans					Vegetable Japchae					Dried Radish Muchim					Seasoned Eggplant									
	PK	B	GL	EGG	D	CH	CU	D	EGG																
Vegetarian	Tomato Pasta					Vegetable Mayo Rice Bowl					Vegetable Pilaf					Vegetarian Hamburger Steak									
	TO	GL				B	GL	EGG																	
Halal	Bolognese (Beef: Australia)					Cottage Pie (Beef: Australia)					Beef Pilaf (Beef:Australia)					Honey Glazed Chicken (Chicken:Brasil)									
	Penne Pasta					Grilled Sweet Potato					Provencial Potato					Hash Brown									
	Greenbean Sauté					Broccoli Sauté					Dried Radish Muchim					Corn Sauté									
	TO	GL				GL																			
Daily Soup	Udon Soup					Miso Soup					Soybean Soup					Egg Soup									
	SOY					B	SOY																		
Banchan	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice									
	Pickled Perilla Leaves					Seaweed Salad					Seasoned Lotus Roots					Seasoned Garlic Stem									
	Red Kimchi					Red Kimchi					Red Kimchi					포기 김치									
	SOY					S					SOY					S									
Salad bar	Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad									
	6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings					6 Healthy Toppings									
	Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)									
	FR	D				FR	D				FR	D				FR	D								
Daily Fruit	Pineapple Jelly					Orange					바나나					포도젤리									

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

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



	10/30/2023	10/31/2023	11/1/2023	11/2/2023	11/3/2023
Western	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Asian	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Vegetarian	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Halal	Autumn Break	Autumn Break	Autumn Break	Autumn Break	Autumn Break
Daily Soup					
Banchan					
Salad bar					
Daily Fruit					

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

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	11/6/2023					11/7/2023					11/8/2023					11/9/2023					11/10/2023				
Western	잠발라야 (우육:호주산,돈육:국내산)					베이컨 까르보나라 (돈육:수입산)					그릴드 치킨 (계육:브라질)					스웨디시 미트볼 (돈육:국내산,우육:호주산)					바베큐폭찹 (돈육:국내산)				
	양파튀김					푸실리파스타					마카로니 샐러드					프로방스감자구이					감자튀김				
	버섯 소테					야채 피클					콘소테					느타리버섯소테					완두콩소테				
	PK	GL				PK	GL	D	EGG	CU	CH	GL	EGG	B		PK	PO	GL			PK	PO	B		
Asian	닭곰탕 & 면사리 (계육:국내산)					소고기 콩나물밥 (우육:호주산)					가스오 우동 & 오뎅					닭갈비 (계육:브라질산)					소고기카레 (우육:호주산)				
	계란 장조림					연근조림					야채튀김					야채잡채					감자조림				
	무말랭이 무침					가지볶음					매실장아찌 무침					마늘쫀무침					무말랭이무침				
	CH	GL	EGG			SOY	B				F	GL	SOY			CH	GL	SOY			TO	PO	Tu		
Vegetarian	베지테리언함박스테이크					컬리플라워그라탕					콩불고기					베지테리언 미트볼					베지테리언 하이라이스				
	B	TO				GL	D				B					B	GL				TO	PO			
Halal	소고기 볶음밥 (우육:국내산)					치킨 카르보나라 (계육:브라질)					그릴드 치킨 (계육:브라질)					닭갈비 (계육:브라질산)					소고기하이라이스 (우육:호주산)				
	양파튀김					푸실리파스타					마카로니 샐러드					야채잡채					감자튀김				
	버섯소테					홈메이드 피클					매실장아찌 무침					마늘쫀무침					코울슬로				
	GL	D	EGG			CH	GL	CU	EGG	D	CH	GL	EGG	B		CH	GL	SOY			PO	D	B		
Daily Soup	닭곰탕 (계육:국내산)					계란국					우동국					된장국					미소국				
	CH	GL				EGG	SOY				SOY					SOY	B				SOY	B			
Banchan	백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥				
	마늘쫀 무침					무말랭이 무침					우영조림					콩나물무침					해초샐러드				
	포기 김치					포기 김치					포기 김치					포기 김치					포기 김치				
	SOY					SOY					SOY					B					S				
Salad bar	양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드				
	6가지 토핑					6가지 토핑					6가지 토핑					6가지 토핑					6가지 토핑				
	3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱				
	FR	D				FR	D				FR	D				FR	D				FR	D			
Daily Fruit	파인애플젤리					오렌지					바나나					포도젤리					과일주스				

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

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	11/13/2023					11/14/2023					11/15/2023					11/16/2023					11/17/2023				
Western	생선커틀렛 & 타르타르소스 (명태:중국산)					치킨화히타 (계육:브라질산)					가자미구이 (가자미:미국산)					닭다리오븐구이 (계육:국내산)					비프라자냐 (우육:호주산)				
	감자튀김					샐사소스&사워크림와 또띠아					파스타샐러드					프로방스감자구이					바질포카치아				
	완두콩소테					파프리카소테					라따뚜이					느타리버섯소테					멕시코빈샐러드				
	F	PO	B	EGG	CU	CH	GL	TO	D		TO	GL	F			CH	PO				B	GL	D	B	
Asian	짜장덮밥 (돈육:국내산)					안동찜닭 (계육:브라질산)					떡볶이 & 계란					설렁탕와 소면사리 (우육:호주산)					등심돈까스 (돈육:국내산)				
	중국식 가지볶음					군만두 (돈육:국내산)					김말이튀김					부추전					코울슬로				
	유자오이무침					호박볶음					단무지무침					우엉조림					콩조림				
	B	CU	PK			PK	PO	CH			EGG	GL	F			SOY	EGG	GL			PK	GL	D	B	
Vegetarian	야채짜장&춘권					야채화히타					떡볶이 & 계란					프리타타					베지테리안 라자냐				
	GL	B				GL	D				EGG	GL				EGG					TO	D			
Halal	생선커틀렛 & 타르타르소스 (명태:중국산)					치킨화히타 (계육:브라질산)					가자미구이 (가자미:미국산)					닭다리오븐구이 (계육:국내산)					비프라자냐 (우육:호주산)				
	감자튀김					샐사소스&사워크림와 또띠아					김말이튀김					프로방스감자구이					바질포카치아				
	유자오이무침					파프리카볶음					단무지무침					느타리버섯소테					멕시코빈샐러드				
	F	PO	CU			CH	GL	TO	D		F	GL	EGG			CH	PO				GL	B	TO	D	
Daily Soup	계란국					된장국					우동국					설렁탕 (우육:호주산)					미소국				
	EGG	SOY				B	SOY				SOY	F				GL					B	SOY			
Banchan	백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥				
	연근조림					모듬해초 무침					무말랭이무침					마늘쫘무침					콩나물무침				
	포기 김치					포기 김치					포기 김치					포기 김치					포기 김치				
	SOY					S					SOY					SOY					SOY	B			
Salad bar	양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드				
	6가지 토핑					6가지 토핑					6가지 토핑					6가지 토핑					6가지 토핑				
	3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱				
	FR	D				FR	D				FR	D				FR	D				FR	D			
Daily Fruit	파인애플젤리					오렌지					바나나					포도젤리					과일주스				

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

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



	11/20/2023	11/21/2023	11/22/2023	11/23/2023	11/24/2023	
Western	치킨버거 (계육:국내산) 해시브라운 코울슬로	그리스식 닭가슴살 구이 (계육:국내산) 차지키소스 & 또띠아 그린빈소테	폴드포크 (돈육:국내산) 밀키번 단호박 구이	추수감사절 닭고기 루레이드 (계육:브라질산) 속채운 단호박 구이 (베지테리안) 매쉬드포테이톨 모듬야채구이	미트로프 & 토마토소스 (우육:호주산) 포카치아 야채 피클	
		D CH GL B	PK GL D		TO GL D EGG CU	
Asian	불고기버거 (계육:국내산,돈육:국내산) 해시브라운 코울슬로	베이컨김치볶음밥 (돈육:수입산) 계란 후라이 해초샐러드	소불고기 (우육:호주산) 양배추쌈 비트무장아찌		양념치킨 & 떡튀김 (계육:브라질산) 고구마 구이 치킨무	
		PK EGG S	B SOY		CH	
Vegetarian	베지테리안 버거	베지 찹스테이크	팔레펠 & 후무스		양념베지볼 & 떡튀김	
		B TO	B D		B GL	
Halal	소고기 버거 (우육:호주산) 해시브라운 코울슬로	그리스식 닭다리 구이 (계육:브라질산) 차지키소스 & 또띠아 그린빈소테	소불고기 (우육:호주산) 양배추쌈 비트무장아찌		양념치킨 & 떡튀김 (계육:브라질산) 고구마 구이 야채 피클	
		GL CH D B	B SOY D		CH	
Daily Soup	우동국	콩나물국	된장국		계란국	무우국
		B SOY	B SOY		EGG	SOY
Banchan	백미밥/잡곡밥 연근조림 포기 김치	백미밥/잡곡밥 무말랭이무침 포기 김치	백미밥/잡곡밥 콩자반 포기 김치	백미밥/잡곡밥 해초샐러드 포기 김치	백미밥/잡곡밥 깻잎무침 포기 김치	
	SOY	SOY	B	S	SOY	
Salad bar	양상추 샐러드 6가지 토핑 3가지 드레싱	양상추 샐러드 6가지 토핑 3가지 드레싱	양상추 샐러드 6가지 토핑 3가지 드레싱	양상추 샐러드 6가지 토핑 3가지 드레싱	양상추 샐러드 6가지 토핑 3가지 드레싱	
		FR D	FR D	FR D	FR D	
Daily Fruit	음료수	오렌지	바나나	포도젤리	과일주스	

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

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	11/27/2023					11/28/2023					11/29/2023					11/30/2023					12/1/2023				
Western	볼로네제 (우육:호주산)					코티지파이 (우육:호주산)					소고기 필라프 (우육:호주산)					허니글레이즈치킨 (계육:브라질산)									
	펜네파스타					그릴드 고구마					프로방스감자구이					해시브라운									
	그린빈 소테					브로콜리 소테					느타리버섯소테					콘소테									
	TO	GL				GL	EGG	D																	
Asian	돈까스 (돈육:국내산)					치킨 & 마요 덮밥 (계육:국내산)					간장제육불고기 (돈육:국내산)					마파두부 (돈육:국내산)									
	비빔 막국수					도토리묵 무침					메추리알조림					군만두 (돈육:국내산)									
	콩자반					야채잡채					무말랭이무침					가지나물									
	PK	B	GL	EGG	D	CH	CU	D	EGG																
Vegetarian	토마토 파스타					베지마요 돈부리					야채필라프					채소 떡갈비									
Halal	볼로네제 (우육:호주산)					코티지파이 (우육:호주산)					소고기 필라프 (우육:호주산)					허니글레이즈치킨 (계육:브라질산)									
	펜네파스타					그릴드 고구마					프로방스감자구이					해시브라운									
	그린빈소테					브로콜리 소테					무말랭이무침					콘소테									
	TO	GL				GL																			
Daily Soup	우동국					미소국					된장국					계란국									
	SOY					B	SOY																		
Banchan	백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥									
	갯잎 무침					모듬해초샐러드					연근조림					마늘쫘무침									
	포기 김치					포기 김치					포기 김치					포기 김치									
	SOY					S					SOY					S									
Salad bar	양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드									
	6가지 토핑					6가지 토핑					6가지 토핑					6가지 토핑									
	3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱									
	FR	D				FR	D				FR	D				FR	D								
Daily Fruit	파인애플젤리					오렌지					바나나					포도젤리									

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NOV.2023

Dwight School Seoul



	10/30/2023					10/31/2023					11/1/2023					11/2/2023					11/3/2023				
Western	Autumn Break					Autumn Break					Autumn Break					Autumn Break					Autumn Break				
Asian	Autumn Break					Autumn Break					Autumn Break					Autumn Break					Autumn Break				
	11/6/2023					11/7/2023					11/8/2023					11/9/2023					11/10/2023				
Western	Jambalaya Rice (Beef: Australia, Pork: Korea)					Bacon Carbonara (Pork: Imported)					Grilled Chicken (Chicken: Brazil)					Swedish Meatball (Beef,Pork: Imported)					BBQ Pork Chop (Pork: Korea)				
	PK	GL				GL	PK	D	EGG	CU	CH	GL	EGG	B		PK	PO	GL			PK	PO	B		
Asian	Korean Chicken Soup & Noodles (Chicken: Korea)					Beef Beansprout Bibimbab (Beef: Australia)					Udon & Fishcake					Stir-Fried Spicy Chicken (Chicken: Brazil)					Beef Curry Rice (Beef: Australia)				
	CH	GL	EGG			SOY	B				F	GL	SOY				CH	GL	SOY		TO	PO			
	11/13/2023					11/14/2023					11/15/2023					11/16/2023					11/17/2023				
Western	Fish Cutlet with Tartar Sauce (Pollock: China)					Chicken Fajita (Chicken: Brazil)					Grilled Flounder (Flounder: USA)					Roasted Chicken Thigh (Chicken: Koea)					Beef Lasagna (Beef: Australia)				
	F	PO	B	EGG	CU	CH	GL	TO	D		TO	GL	F			CH	PO				B	GL	D	B	
Asian	Rice with Black Bean Sauce (Pork: Korea)					Korean Braised Chicken (Chicken: Brasil)					Tteokbokki & Egg					Korean Beef Bone Soup w. Noodle (Beef: Australia)					Crispy Pork Cutlet (Pork: Korea)				
	B	CU	PK			PK	PO	CH			EGG	GL	F			SOY	EGG	GL			PK	GL	D	B	
	11/20/2023					11/21/2023					11/22/2023					11/23/2023					11/24/2023				
Western	Chicken Burger (Chicken:Korean)					Greek Grilled Chicken Breast (Chicken: Korea)					Pulled Pork (Pork: Korea)					Thanks Giving Special					Meat Loaf with Tomato Sauce (Beef: Australia)				
						D	CH	GL	B		PK	GL	D								TO	GL	D	EGG	CU
Asian	Bulgogi Burger Chicken: Korean, Pork: korean)					Bacon Kimchi Pilaf (Pork: Imported)					Beef Bulgogi (Beef: Austrailia)					Yangnyeom Chicken with Rice Cake (Chicken: Brazil)									
						PK	EGG	S			B	SOY									CH				
	11/27/2023					11/28/2023					11/29/2023					11/30/2023					12/1/2023				
Western	Bolognese (Beef: Australia)					Cottage Pie(Beef: Australia)					Beef Pilaf(Beef:Australia)					Honey Glazed Chicken(Chicken:Brasil)									
	TO	GL				GL	EGG	D																	
Asian	Crispy Pork Cutlet (Pork: Korea)					Chicken Mayo Rice Bowl (Chicken: Brazil)					Soybean Sauce Pork Bulgogi (Pork:Korean)					Mapo Tofu (Pork:Korean)									
	PK	B	GL	EGG	D	CH	CU	D	EGG																

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