

Gyeonggi Suwon International School Menu

<October>

		Tue(10.1)	Wed(10.2)	Thu(10.3)	Fri(10.4)
Korean Menu		No School	Stir-Fried Pork w/ Squid (ES- w/ Soy Sauce) 4,5,8,14 Multigrain Rice / Steamed Rice Pollack Soup 4,5,12 Stir Fried Potatoes & Ham 1,2,4,5,8,10,12,13,15 Cabbage Wrap & Ssamjang 4,5 White Kimchi Kimchi 4,7	No School	No School
International Menu	Mazesoba 1,2,4,5,8,10,12,15 Fried Dumpling 1,2,4,5,8,10,12,13,15 Grilled Eggplant 4,5,17				
	Mon(10.7)	Tue(10.8)	Wed(10.9)	Thu(10.10)	Fri(10.11)
Korean Menu	Janchi Noodles w/Fishcake Skewers 4,5 Steamed Rice Steamed Dumpling 1,2,4,5,8,10,12,13,15,17 Braised Burdock Roots 1,4,5,7,14 Fresh Napa Cabbage Kimchi (ES-Fresh Napa Cabbe Kimchi) 4,5 White Kimchi Radish Kimchi 4,7	Stir-Fried Pork & Vegetables & Flower Bun (ES-w/ Soy Sauce) 4,5,8 Steamed Rice / Jjajang Rice 1,4,5 Spicy Soft Tofu Stew 4,5,12,14,15 (ES-Soft Tofu Stew) Shredded Vegetables Salad 4,5,18 Pickle Radish 17 White Kimchi Kimchi 4,7	No School	Stir-Fried Chkciem (ES-w/ Soy Sauce) 4,5,12 Steamed Rice Egg & Tofu Soup 1,4,5 Broccoli Sesame Seeds Salad 1,4,5 Corn Salad 1,4 White Kimchi Radish Kimchi 4,7	<Pork Belly Day> Pork Belly 1,2,4,5,8,10,12,13,15,17 Multigrain Rice / Steamed Rice Bean Paste Soup 4,5 Green Onion & Bean Sprouts (ES-Green Onion & Bean Sprouts) 4,5 Spicy Noodles 4,5 (ES-w/ Soy Sauce) White Kimchi Radish Kimchi 4,7
International Menu	Salad Pork Steak 1,2,4,5,8,10,12,13,15,17 Steamed Rice Corn Chowder 2,4,5,12 Rosemary Potato 4,5 Cucumber & Tomato Salad 10	Chicken Cutlet 1,2,4,5,12 Steamed Rice Mixed Vegetables 4,5,15 Coleslaw 1,4		Ban Mi 1,2,4,5,8,12,15 Wedge Potatoes & Ketchups 4,5,10 Hand-Made Pickle	Tendon 1,2,4,5,7 Rakyo & Ginger Spring Rolls 4,5 Chickpeas Sa

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<Food Allergy Notice> 1.Egg 2.Milk 3.Peanut 4.Soybean 5.Wheat 6.Mackerel 7.Shrimp 8.Pork 9.Peach 10.Tomato 11.Walnut 12.Chicken 13.Beef 14.Squid 15.Shellfish 16.Buckwheat 17.Sulfite 18.Crab 19.Mushroom 20.Apple

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	Mon(10.14)	Tue(10.15)	Wed(10.16)	Thu(10.17)	Fri(10.18)
Korean Menu	Soboro Bibimbap 1,2,4,5,8 Steamed Rice Bean Paste Soup 4,5 Corndog 1,2,4,5,8,10,12,13,15 Stir-Fried Fishcake 4,5 White Kimchi Radish Kimchi 4,7	Stir-Fried Pork w/ Kimchi (ES-w/ Soy Sauce) 4,5,7,8 Steamed Rice Mushroom Soup 19 Steamed Tofu 4,5 Seasoned Bean Sprouts White Kimchi Radish Kimchi 4,7	BburinXX Chicken 1,2,4,5,12 Bacon & Vegetables Fried Rice 4,5,15 / Steamed Rice Bean Paste Soup 4,5 Lotus root Black Sesame Salad 1,4,5 Three Color Pickle White Kimchi Radish Kimchi 4,7	Stir-Fried Pork (ES-w/ Soy Sauce) 4,5,8 Steamed Rice Seaweed Soup 4,5 Stir Fried Anchovies 4,5 Korean Jelly Salad White Kimchi Kimchi 4,7	Pork Back-Bone Stew 4,5,8,12 Multigrain Rice / Steamed Rice Sausage Pancakes 1,2,4,5,8,10,12,13,15 Pumpkin & Crab Stick 4,5,15,18 Radish Salad White Kimchi Radish Kimchi 4,7
International Menu	Portuguese Roasted Chicken 4,5,8 Steamed Rice Beans & Onion 4,5,15 Hempseed Salad	Malatang 2,4,5,8,10,12,13,15,17,19 Egg Fried Rice 1,4,5 Radish Pickle 17	Rasagne 1,2,4,5,8,10,12 Frittata 1,2,4,5 Butter Spinach 2,4,5	<SubXX Day> Italian BMT 1,2,4,5,8,10,12,13,15,17 Chocolate Chip Cookies 1,2,4,5 Corn Coleslaw 1,4,5	Three-Colored Yakidori 1,2,4,5,10,12 Lotus Root Chip Salad 1,4,5,10
	Mon(10.21)	Tue(10.22)	Wed(10.23)	Thu(10.24)	Fri(10.25)
Korean Menu	Mixed Ham Stew 1,2,4,5,8,10,12,13,15 Steamed Rice Fish Cutlet 1,4,5 Braised Potatoes 4,5 Stir-fried Seaweed 4,5 White Kimchi Radish Kimchi 4,7	Braised Pork Ribs (ES-w/ Soy Sauce) 4,5,8 Steamed Rice w/ Seaweed flakes 4,5 Perilla Seed w/ Potato Soup 4,5 Steamed Egg 1,4,5 Seasoned Greens 4,5 White Kimchi Radish Kimchi 4,7	Stir-Fried Chicken w/ Cheese 2,4,5,12 (ES-w/ Soy Sauce) Steamed Rice Bean Sprout Soup 4,5 Potato Pancake 1,4,5 Tofu & Korean Greens 4,5 White Kimchi Kimchi 4,7	Seollung-tang 2,4,5,12,13 Steamed Rice Grilled Fish 4,5 Braised Egg & Konjac 1,4,5 Cucumber salad 4,5 (ES-Cucumber salad) White Kimchi Radish Kimchi 4,7	Stir-Fried Pork (ES-w/ Soy Sauce) 4,5,8 Multigrain Rice / Steamed Rice Bean Paste Soup 4,5 Fried Pollack 4,5 Lettuce Wrapped & Ssamjang 4,5 White Kimchi Kimchi 4,7
International Menu	Oven Roasted Pork 4,5,8 Steamed Rice Mushroom & Onion 4,5,15,19 Oats Salad 4,5,10 Cream of Sweet Potato Soup 2,4,5,12	Butter Chicken Curry 1,2,4,5,10,12,15 Steamed Rice Pita Bread 1,2,4,5 Indian Salad 4,5	Donkotsu Ramen 1,2,4,5,8,12 Octopus Balls 1,4,5 Mandarin Salad 10,17	Chicken Taco 1,2,4,5,12 Fried Potatoes & Ketchup 4,5,10 Tomato Salsa 10 & Sour Cream 2 Mexican Corn 4,5	Pork Pilaf 4,5,8,12,15 Fried Egg 1,4,5 Salad Pasta 10,17

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	Mon(10.28)	Tue(10.29)	Wed(10.30)	Thu(10.31)	
Korean Menu	Ham Mayo Rice 1,2,4,5,8,10,12,13,15 Steamed Rice Udon Soup 4,5,6,7 Stir-fried Rice Cake (ES-w/ Soy Sauce) 4,5 Fried Dumpling & Seaweed Roll 4,5 Radish Pickle 17 White Kimchi Radish Kimchi 4,7	Stewed Chicken w/ Red Pepper Paste Rosé Sauce (ES-w/ Soy Sauce) 2,4,5,12 Steamed Rice Bean Paste Soup 4,5 Stir Fried Muchrooms 4,5,15 Seasoned Bean Sprouts 4,5 White Kimchi Kimchi 4,7	Stir-Fried Smoked Duck 4,5,12 Steamed Rice Red Pepper Paste Soup (ES-Tofu Bean Paste Soup) 4,5 Candied Sweet Potatoes 4,5 White radish cabbage White Kimchi Kimchi 4,7	Stir-Fried Pork 4,5,8 Steamed Rice w/ Fried Egg 1,4,5 Pork Kimchi Stew 4,5,7 (ES-Potato Soup) 4,5 Eggplant Salad 4,5 Chicory Salad White Kimchi Radish Kimchi 4,7	
International Menu	Chicken Steak 1,2,4,5,8,10,12,13,15,17 Steamed Rice Grilled Cheese & Vegetables 2,4,5,10,12 Hawaiian Salad 1,4,5	Fried Pork w/ Black Bean Sauce 4,5,8,10,12 Steamed Rice Bok Choy & Young Corn (ES-Bok Choy & Young Corn) 4,5,15 Cucumber & Tomato Salad 10	Beef Rice Noodle 4,5,12,13 Spring Roll 4,5 Chickpeas Salad	Sloppy Joes 2,4,5,8,10,12,13,15 Fried Potatoed & Keychup 4,5,10 Butter Corn 2,4,5	
Korean Menu					
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<Salad Bar>

	Mon	Tue	Wed	Thu	Fri
S a l a d	Lettuce & Romain lettuce & Red cabbage Broccoli Paprika Onion Vegetable Stick Black Olive Baked Beans 4 Oat Dried Cranberry Fruit Dressing 2,4,5	Lettuce & Kale & Red Beet Paprika Onion Vegetable Stick Sweet Corn Blue berry Tofu 4,5 Barley Dried Banana Chips Fruit Dressing 1,4,5	Lettuce & Spinach & Radicchio Broccoli Paprika Onion Vegetable Stick Couscous Chick peas 4 Oat Raisin Fruit Dressing 4,5	Lettuce & Blue Lettuce & Red cabbage Paprika Onion Vegetable Stick Green Olive Sweet Corn Rosted Mushrooms 4,5,19 Barley Dried Cranberry Fruit Dressing 1,4,5	Lettuce & Romain lettuce & Carrot Paprika Onion Vegetable Stick Kidney Beans 4 Egg 1 Oat Dried Banana Chips Fruit Dressing 2,4,5
S a n d w i c h	Ham 2,4,5,8,12 Cheese 2 Tomato 10 Lettuce Milk 2 Juice 20 Corn Tea Butter 2 Strawberry jam Morning roll 1,2,4,5 Bread 1,2,4,5	Ham 2,4,5,8,12 Cheese 2 Tomato 10 Lettuce Milk 2 Juice Barley Tea Butter 2 Strawberry jam Wheat Baguette 1,2,4,5 Bread 1,2,4,5	Ham 2,4,5,8,12 Cheese 2 Tomato 10 Lettuce Milk 2 Juice Corn Tea Butter 2 Strawberry jam Morning roll 1,2,4,5 Bread 1,2,4,5	Ham 2,4,5,8,12 Cheese 2 Tomato 10 Lettuce Milk 2 Juice Barley Tea Butter 2 Strawberry jam Corn Bread 1,2,4,5 Bread 1,2,4,5	Ham 2,4,5,8,12 Cheese 2 Tomato 10 Lettuce Milk 2 Juice Corn Tea Butter 2 Strawberry jam Morning roll 1,2,4,5 Bread 1,2,4,5

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