

Gyeonggi Suwon International School Menu

<November>

	Mon(11.3)	Tue(11.4)	Wed(11.5)	Thu(11.6)	Fri(11.7)
Korean Menu	Grilled Sweet Pumpkin & Smoked Duck 1,2,4,5,12 Steamed Rice/Multigrain Rice Red Chili Paste Soup 1,4,5,12 (ES-Bean Paste Soup) 1,4,5,12 Japchae 1,4,5,12 Seasoned Green 1,4,5,12 (ES-Seasoned Green) 1,4,5,12 White Kimchi/Kimchi 7,12	Stir-Fried Chicken 1,4,5,12 (ES-w/ Soy Sauce) 1,4,5,12 Steamed Rice Soft Tofu Soup 1,4,5,12 Stir-Fried Pumpkin & Crab Meat 1,4,5,12,15,18 Pickled Radish 17 White Kimchi/Radish Kimchi 7	Pork Backbone Hot Pot 1,4,5,8,12 (ES-Pork Stew) 1,4,5,8,12 Steamed Rice/Multigrain Rice Sausage Pancake 1,4,5,8 & Ketchup 10 Seasoned Bean Sprouts 1,4,5,12 (ES-Seasoned Bean Sprouts) 1,4,5,12 Macaroni Salad 1,4 White Kimchi/Radish Kimchi 7	Stir-Fried Pork w/ Kimchi 1,4,5,7,8,12 (ES-w/ Soy Sauce) 1,4,5,8,12 Steamed Rice Bean Paste Soup 1,4,5,12 Steamed Tofu 4 & Soy Sauce 4,5 Braised Beans 4,5 White Kimchi/Radish Kimchi 7	Red Pepper Tuna Mayo Rice 1,2,4,5,10,15,18 (ES-Tuna Mayo Rice) 1,2,4,5 Steamed Rice Fishcake Soup 1,4,5,12 Sweet Fried Chicken 1,4,5,10,12 Mung Bean Sprouts 1,4,5,12 Chicory Citron Salad White Kimchi/ Kimchi 7,12
Inter-national Menu	Fried Egg Noodle 1,4,5,7,12,15 Fried Egg 1,4,5 Fried Shrimp 1,4,5,7 Chickpea Salad	Pork Burrito 1,2,4,5,8,10,12 Fried Potato 4,5 & Ketchup 10 Mexican Corn 2,4 Lemon Ade	Teriyaki Chicken 1,4,5,12,15 Steamed Rice Mung Bean & Bacon 1,4,5,8,10,12,13 Lotus Root Chip Salad 4,5,10,17	Japanese Style Soup Curry 1,2,4,5,10,12,15 Steamed Rice Shrimp & Potato Croquette 4,5,7 & Tartar Sauce 1,4 Pickled Radish 17	Bolognese Pasta 1,4,5,8,10,12,13 Garlic Bread 1,2,4,5 Green Beans & Onion 1,4,5,12,15
	Mon(11.10)	Tue(11.11)	Wed(11.12)	Thu(11.13)	Fri(11.14)
Korean Menu	VeXXran Kalguksu (Perilla Seed Kalguksu) 1,4,5,12 Steamed Rice Steamed Dumpling 2,4,5,8,13 & Soy Sauce 4,5 Stir-fried Anchovies 1,4,5,12 (ES-Stir-fried Anchovies) 1,4,5,12 Fresh Napa Cabbage Kimchi 1,4,5,12 (ES-Fresh Napa Cabbage Kimchi) 1,4,5,12 White Kimchi/Radish Kimchi 7	Spicy Stir-Fried Rice Cake 1,4,5,12 (ES-w/ Soy Sauce) 1,4,5,12 Steamed Rice Bean Paste Soup 1,4,5,12 Fried Seaweed Roll 4,5 Pickled Radish 17 White Kimchi/Kimchi 7,12	Braised Spicy Pork w/ Dried Radish Green 1,4,5,8,12 (ES-w/ Soy Sauce) 1,4,5,8,12 Steamed Rice Bean Sprouts Soup 1,4,5,12 Steamed Egg 1,4,5,12 Braised Lotus Root 4,5 White Kimchi/Kimchi 7,12	Stir-Fried Chicken 1,4,5,12 Steamed Rice/Multigrain Rice Kimchi Soup 1,4,5,7,12 (ES-Bean Paste Soup) 1,4,5,12 Stir-fried Fish Cake 1,4,5,12 Korean Jelly Salad 1,4,5,12 White Kimchi/Radish Kimchi 7	Kimchi & Flying Fish Roe Rice 1,4,5,7,12,17 (ES-Flying Fish Roe Rice) 1,4,5,12,17 Steamed Rice Bean Paste Soup 1,4,5,12,19 Pork Cutlet 1,2,4,5,8 * Sauce 1,2,4,5,10,12,13,15,17 Corn Salad 1,4 White Kimchi/Radish Kimchi 7
Inter-national Menu	Roast Pork 1,4,5,8,12 * Sauce 1,2,4,5,10,12,13,15,17 Steamed Rice Grilled Vegetable 1,4,5,12 Butter Corn 1,2,4,5,12	Crispy Chicken Tender 1,2,4,5,10,12,13,15,17 * Honey Mustard Sauce 1,4 Steamed Rice Crab Meat Salad 1,4,10,18	Warm Buckwheat Noodles 1,4,5,6,12,16 Furikake Rice 1,4,5,12/Steamed Rice Pickled Ginger & Rakkyo 17	Croque Monsieur 1,2,4,5,8,12 Fried Potato 4,5 & Ketchup 10 Cream of Onion Soup 1,2,4,5,12 Hand-made Pickle	Tandoori Chicken 1,2,4,5,10,12,13,15 Steamed Rice/Makhani Curry 1,2,4,5,10,12,13,15 Pita Bread 4 Indian Salad

<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

* This menu can be changed depending on its ingredients

Gyeonggi Suwon International School Menu

<November>

	Mon(11.17)	Tue(11.18)	Wed(11.19)	Thu(11.20)	Fri(11.21)
Korean Menu	Spicy Sausage Stew 1,2,4,5,7,8,10,12,13 (ES-Sausage Stew) 1,2,4,5,8,10,12,13 Multigrain Rice/Steamed Rice Fish Cutlet 4,5 & Tartar Sauce 1,4 Braised Beans 4,5 Steamed Broccoli & Vinegar Red Pepper Paste 4,5 White Kimchi/Radish Kimchi 7	Fried Chicken w/ Corn Seasoning 1,2,4,5,12 Kimchi Fried Rice 1,4,5,7,12/Steamed Rice Egg Soup 1,4,5,12 Stir-Fried Sausage & Rice cake 1,4,5,8,10,12,13 Three Color Pickle Kimchi/Radish Kimchi 7	Stir-Fried Pork 1,4,5,8,12 (w/ Soy Sauce) 1,4,5,8,12 Steamed Rice Bean Paste Soup 1,4,5,12 Stir-Fried Pumpkin & Crab Meat 1,4,5,12,18 Wraped Napa Cabbage & Ssamjang 1,4,5,12 White Kimchi/Kimchi 7,12	Charcoal-Grilled Chicken* Ramen 1,4,5,10,12,13,15 (ES-w/ Teriyaki Sauce) 1,4,5,12 Furikake Rice/Steamed Rice Kelp & Radish Soup 1,4,5,12 Seasoned Tofu & Green 1,4,5,12 Cabbage Salad 1,4,10 White Kimchi/Radish Kimchi 7	Banquet Noodles 1,4,5,12 Steamed Rice Stir-Fried Pork & Green Onion 1,4,5,8,12 Pickled Chili Pepper 17 Acorn Jelly Salad 1,4,5,12 (ES-Acorn Jelly Salad) 1,4,5,12 White Kimchi/Kimchi 7,12
Inter-national Menu	Pork Chop Steak 1,2,4,5,10,12,13,15,17 Steamed Rice Cream of Potato 1,2,4,5,12 Hawaiian Salad 1,4	Shanghai Pasta 1,4,5,7,12,15 (ES-Shanghai Pasta) 1,4,5,7,12,15 Fried Chinese Flower Bun 2,4,5 Seasoned Jjasai 1,4,5,12 (ES-Seasoned Jjasai) 1,4,5,12	Honey Sriracha Chicken 1,2,4,5,10,12,13 (ES-Honey Sriracha Chicken) 1,2,4,5,10,12,13 Steamed Rice Greek Salad 10	French Toast 1,2,4,5,12 * Whipping Cream 2 * Blueberry Filling Jam * Syrup Grilled Sausage 2,4,5,8,13 Dutch Salad 1,4,5,8,10,13	Chicken Paella 1,2,4,5,10,12 Baguette 2,4 Coban Salad 10,17
	Mon(11.24)	Tue(11.25) /Thanksgiving Day	Wed(11.26)	Thu(11.27)	Fri(11.28)
Korean Menu	Stir-Fried Chicken w/ Cheese & Sweet Potato 1,2,4,5,12,13 (ES-w/ Soy Sauce) 1,2,4,5,12,13 Steamed Rice Udon Soup 1,2,4,5,7,12 Corn Salad 1,2,4,5,12 Cucumber Salad 1,4,5,12 (ES-Cucumber Salad) 1,4,5,12 White Kimchi/Radish Kimchi 7	Roast Chicken 1,4,5,12 * Sauce 1,4,5,10,13,15,17 Steamed Rice Sweet Pumpkin Soup 1,4,5,12 Seaweed Soup 1,4,5,12 Mashed Potato 1,2,4,5,12 Grilled Vegetables 1,4,5,12 Cucumber & Tomato Salad 10 White Kimchi/Kimchi 7,12	No School	No School	
Inter-national Menu	Stir-Fried Seafood Udon 1,4,5,7,8,9,10,12,15 Octopus Balls 1,4,5 Yellow Peach Salad 9				

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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

<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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