

02/09 - 02/13	식품명	1인분량 (g)	에너지 (kcal)	단백질 (g)	지질 (g)	탄수화물 (g)	원산지	식품 알레르기 유발 물질
월요일 02/09 Monday	Korean							
	Tonkatsu(Pork Outlet) w Sauce	100	234	13.5	7.05	30.5	Pork - Korea	2, 5, 6, 10, 12, 15, 16, 18
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
	Fried Tofu Miso Soup	200	91.5	4.5	7.5	3.75		5, 6, 7, 16
	Cabbage Salad w Sesame Dressing	40	63	0.8	5	5		1, 5
	Tteokbokki with Black Bean Sauce	40	57.2	1.42	0.8	11.58		2, 5, 6, 10, 15, 16
	Pickled Radish	10	1.4	0.04	0.01	0.23		13
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		675.1	25.44	21.58	102.66		
	International							
	Chili	170	256.5	16.3	15.4	13.1	Beef - Australia	2,5,6,12,13,16
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
	Veggie Sticks with Ranch Dip	50	35.8	1	8.15	4.95		1,2,5,13
	Homemade Greek Yogurt with Strawberry Compote	70	120.2	7.7	4.6	13.5		2
	Total (Not Including Milk, Fruit/Veggie)		631.7	28.75	29.18	81.15		
화요일 02/10 Tuesday	Korean							
	Non Spicy Beef Stew	280	248.3	20.7	16.1	9.7	Beef - Australia	2, 5, 6, 7, 10, 16
	Multigrain Rice	150	195	5.25	2.25	40.5	Rice - Korea	
	Stir-fried Fish Cake	50	87.2	6.2	4.6	9.3		5, 6, 18
	Chwinamul	40	30.8	1.5	2.8	4.9		5, 6, 7
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		570.1	35.08	25.94	66.4		
	International							
	Chicken Quesadilla	150	468.3	26.2	25.9	41.5	Chicken - Korea	1, 2, 5, 6, 12, 13, 15
	Roasted Veggies	40	34.15	0.43	2.58	2.69		
	Chips	15	88.7	1.1	4.1	9.1		
	Total (Not Including Milk, Fruit/Veggie)		591.15	27.73	32.58	53.29		
	Korean							
	Chicken Galbi in Soy Sauce w Cheese	160	298.8	20.2	12.1	28.8	Chicken - Brazil	2, 5, 6, 15, 16, 18
	Millet Rice	150	187.5	3.94	1.5	37.5	Rice - Korea	
수요일 02/11 Wednesday	Cabbage Soybean Paste Soup	200	35.2	3.4	0.5	4.9		5, 6, 7, 16
	Seasoned Radish	30	25.4	0.7	1.5	3.3		6
	Stir-fried Rice Cake & Sausages	40	120.1	2.8	5.7	15.8	Sausage : Pork, Chicken - Korea Rice Cake : Rice - Foreign	5, 6, 10, 12, 15
	Kimchi	30	5.4	0.6	0.33	1.8	Cabbage, Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		672.4	31.64	21.63	92.1		
	International							
	Creamy Chicken Penne	270	458.8	22.8	20.9	60.5	Chicken - Korea	2,5,6,13,15
	Caesar Salad	30	52.5	1.2	3.9	2.3	Bacon : Pork - Imported	1, 2, 5, 6, 10, 16
	Roasted Broccoli & Carrots	30	18.7	1.1	0.6	2.4		
	Garlic Bread	20	87.5	2	6.3	10.6		2, 6
	Total (Not Including Milk, Fruit/Veggie)		617.5	27.1	31.7	75.8		
	Korean							
	Beef Bulgogi with Glass Noodles	140	300.1	23.5	17.2	19.6	Beef - Australia	5, 6, 16
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
목요일 02/12 Thursday	Seaweed Soup	200	60	4	2	8		5, 6, 7, 16
	Sweet Pumpkin Salad	30	45.8	0.8	2.8	6.3		1, 2, 5
	Stir-fried Mushroom	40	76.2	1.32	7.12	3.48		5, 6, 7, 18
	Kimchi	30	5.4	0.6	0.33	1.8	Cabbage, Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		706.7	33.97	30.48	88.78		
	International							
	Tonkotsu Ramen	350	580.4	25.6	24.7	65.8	Pork - Austria	1, 5, 6, 10
	Pickled Veggies	40	18.6	0.52	0.16	2.25		
	Cabbage Salad w Sesame Dressing	40	63	0.8	5	5		1, 5
	Total (Not Including Milk, Fruit/Veggie)		662	26.92	29.86	73.05		
	Korean							
	Buckwheat Noodles	350	391.7	14.8	9.1	65.1		3, 5, 6
	Fried Veggies	30	80.7	1.5	4.5	9.7		5, 6
	Oven Roasted Tofu with Soy Sauce	50	85.6	5.5	6.7	1.8	Tofu : Foreign	5, 6
금요일 02/13 Friday	Seasoned Cucumbers	40	27.6	0.4	1.2	4.4		5, 6
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		594.4	23.63	21.69	83		
	International							
	BBQ Roasted Chicken	170	475.8	40.7	28.5	8.7	Chicken - Brazil	5, 12, 13, 15
	Roasted Baby Potatoes	50	72	1.1	3.4	9.2		
	Roasted Green Beans & Carrots	40	45.5	0.58	3.5	3.6		
	Total (Not Including Milk, Fruit/Veggie)		593.3	42.38	35.4	21.5		

Allergy Information

1.EGG 2.MILK 3.BUCKWHEAT 4.PEANUT 5.SOYBEAN 6.WHEAT 7.MACKEREL 8.CRAB 9.SHRIMP 10.PORK
11.PEACH 12.TOMATO 13.SULFATE 14.WALNUT 15.CHICKEN 16.BEEF 17.SQUID 18.SHELLFISH 19.PINENUT