

crave						SFS Elementary and British Schools Week of 10/26 -10/30
	Monday	Tuesday	Wednesday	Thursday	Friday	
Korean	Pork Stew - 안매운 돼지고기 감자탕 White Rice - 흰밥 Cucumber Salad - 오이 무침 Chive Pancake - 부추전 Kimchi - 김치 Fruit & Milk	Honey-Glazed Fried Chicken - 허니 닭강정 White Rice - 흰밥 Seaweed Soup - 미역국 Radish Salad - 무생채 Stir-Fried Zucchini -호박 볶음 Cubed Radish Kimchi - 깍두기 Fruit & Milk	Egg & Shrimp Fried Rice - 새우 계란 볶음밥 Swiss Chard Soybean Paste Soup -근대 된장국 Broccoli & Crab Meat Salad -브로콜리 게맛살 샐러드 Spinach Salad - 시금치 나물 Cubed Radish Kimchi - 깍두기 Fruit & Milk	Beef Soup w/ Rice Cake -소고기 떡국 Boiled Dumpling - 물만두 Sautéed Garlic Stems - 새우 마늘쫑 볶음 Picked Radish - 단무지 Cubed Radish Kimchi - 깍두기 Fruit & Milk	Andong Style Braised Chicken - 안동찜닭 Millet Rice - 기장밥 Dried Radish Greens Soybean Paste Soup - 시래기 된장국 Stir-Fried Fish Cake - 어묵 볶음 Seaweed Saald - 미역 초무침 Kimchi - 김치 Fruit & Milk	
International	Teriyaki Chicken White Rice Cabbage Salad Steamed Broccoli Fruit Milk	Carnitas Taco Bowl Yellow Rice Black Beans Tomato & Lettuce Fruit Milk	Creamy Bacon Zucchini Pasta Caesar Salad Cucumber Sticks Garlic Bread Fruit Milk	Butadon w/ Stir-Fried Mung Bean Sprout White Rice Cabbage Salad w/ Sesame Dressing Fruit Milk	Chicken Quesadillas Carrot Sticks & Ranch Dip Mixed Green Salad Corn Tortilla Chips Fruit Milk	
Vegetarian	Teriyaki Tofu White Rice Cabbage Salad Steamed Broccoli Fruit Milk	Vegan Taco Bowl w/ Tofu Yellow Rice Black Beans Tomato & Lettuce Fruit Milk	Creamy Mushroom Zucchini Pasta Caesar Salad Cucumber Sticks Garlic Bread Fruit Milk	Fried Eggplant over Rice Stir-Fried Mung Bean Sprout White Rice Cabbage Salad w/ Sesame Dressing Fruit Milk	Guacamole Quesadillas Carrot Sticks & Ranch Dip Mixed Green Salad Corn Tortilla Chips Fruit Milk	
Gluten Free	Gluten-Free Teriyaki Tofu White Rice Cabbage Salad Steamed Broccoli Fruit Milk	Carnitas Taco Bowl Black Beans Tomato & Lettuce Fruit Milk	Creamy Bacon Zucchini Gluten-Free Pasta Caesar Salad Cucumber Sticks Garlic Bread Fruit Milk	Gluten-Free Butadon w/ Stir-Fried Mung Bean Sprout White Rice Cabbage Salad w/ Sesame Dressing Fruit Milk	Chicken Quesadillas (Corn Tortilla) Carrot Sticks & Ranch Dip Mixed Green Salad Corn Tortilla Chips Fruit Milk	