

10/26- 10/30	식품명	1인분량 (g)	에너지 (kcal)	단백질 (g)	지질 (g)	탄수화물 (g)	원산지	식품 알레르기 유발 물질
월요일 10/26 Monday	Korean							
	Pork Stew	250	235.6	22.5	17.4	12.8	Pork - USA	2, 5, 6, 7, 10, 15, 16
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
	Chive Pancake	40	119.2	3.2	6.6	22.5		5, 6, 7, 16
	Seasoned Cucumbers	40	27.6	0.4	1.2	4.4		5, 6, 7
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		610.4	31.28	26.42	91.3		
	International							
	Teriyaki Chicken	200	313.2	30	13.2	6.16	Chicken - Brazil	2, 5, 6, 15, 16
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
	Cabbage Salad with Sesame Dressing	40	63	0.8	5	5.9		1, 5
	Steamed Broccoli	30	10.2	0.84	0.12	1.98		
	Total (Not Including Milk, Fruit/Veggie)		605.6	35.39	19.35	63.64		
화요일 10/27 Tuesday	Korean							
	Honey Soy Glazed Chicken	250	316.1	28.8	17.4	24.3	Chicken - Brazil	1,2,5,6,10,12,13,15,16,18
	White Rice	150	219.2	3.75	1.03	49.6	Rice - Korea	
	Seaweed Soup	200	60	4	2	8		5, 6, 7, 16
	Seasoned Radish	30	25.4	0.7	1.5	3.3		5, 6, 7, 9
	Stir-fried Zucchini	40	41.2	0.7	1.2	2.5		5, 6, 7, 9
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		670.7	39.38	23.32	89.7		
	International							
	Camitas Taco Bowl with Yellow Rice, Lettuce and Cheese	320	531.2	29.1	20	59.8	Pork - USA	2, 5, 10, 12
	Total (Not Including Milk, Fruit/Veggie)		531.2	29.1	20	59.8		
수요일 10/28 Wednesday	Korean							
	Shrimp and Egg Fried Rice with Vegetables	200	440.3	21.2	13.6	76.2	Rice - Korea	1, 2, 5, 6, 7, 9, 18
	Soybean Paste Soup w Swiss Chard	150	102.1	8.2	2.2	14.6		5, 6, 7, 16
	Broccoli and Crab Stick Salad	60	70.9	3.5	3.1	4.8		1, 5, 6, 8
	Seasoned Spinach	30	19.4	1.7	2	2.5		5, 6, 7
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		641.5	36.03	21.09	100.1		
	International							
	Creamy Bacon and Zucchini Pasta	270	459.9	17.8	20.3	56.9	Bacon : Pork - Imported	1, 2, 5, 6, 10, 12, 16
	Garlic Bread	80	260.2	8.2	7.5	30.6		2, 6
	Caesar Salad	30	45.6	1.2	3.9	2.3	Bacon : Pork - Imported	1, 2, 5, 6, 10, 12, 16
	Cucumber Sticks	30	4.3	0.2	0.01	1		
	Total (Not Including Milk, Fruit/Veggie)		770	27.4	31.71	90.8		
목요일 10/29 Thursday	Korean							
	Rice Cake Soup with Beef	370	486.3	16.2	10.4	45.8	Beef - Australia, Beef Bone Extract : Korea Rice Cake : Rice - Foreign	1, 5, 6, 7, 10, 16
	Steamed Dumplings	30	63.8	2.4	2.5	6.5	Pork - Korea	5, 6, 10, 16
	Stir-fried Garlic Scapes with Dried Shrimp	40	54.9	1	2.5	7		5, 6, 7, 9
	Cubed Radish Kimchi	40	8.8	1.43	0.19	2	Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		613.8	21.03	15.59	61.3		
	International							
	Chashu Rice Bowl	300	580.4	24.9	22.6	67.8	Pork - USA, Rice - Korea	5, 6, 10
	Cabbage Salad with Sesame Dressing	40	63	0.8	5	5.9		1, 5
	Total (Not Including Milk, Fruit/Veggie)		643.4	25.7	27.6	73.7		
금요일 10/30	Korean							
	Andong Braised Chicken	150	262.5	17.5	8.7	30.1	Chicken - Brazil	5, 6, 15, 16, 18
	Multigrain Rice	150	195	5.25	2.25	40.5	Rice - Korea	
	Soybean Paste Soup w Dried Radish Greens	200	45.2	5.6	3.8	5.1		5, 6, 7, 16
	Stir-fried Fish Cake	40	69.6	4.8	3.7	7.4		5, 6, 18
	Cold Seaweed and Cucumber Salad	40	20.1	0.7	0.1	3.5		5, 6, 7
	Kimchi	30	5.4	0.6	0.33	1.8	Cabbage, Red Pepper - Korea	9
	Total (Not Including Milk, Fruit/Veggie)		592.4	33.85	18.55	86.6		
	International							
	Chicken Quesadilla	150	468.3	26.2	25.9	41.5	Chicken - Korea	1, 2, 5, 6, 12, 13, 15
	Green Salad with Balsamic Dressing	30	23.4	0.5	1.7	2.2		13
	Carrot & Celery Sticks with Ranch Dip	50	35.8	1	8.15	4.95		1,2,5,13
	Chips	15	88.7	1.1	4.1	9.1		5
	Total (Not Including Milk, Fruit/Veggie)		616.2	28.8	39.85	57.75		

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.SULFITE 14.WALNUT 15.CHICKEN 16.BEEF 17.SQUID 18.SHELLFISH 19.PINENUT