

October

KFS LUNCH MENU

MON	TUE	WED	THU	FRI
2	3	4	5	6
CHU	SEOK	Holiday	:)	
9	10	11	12	13
	Rice/Bread Beansprouts soup Vegetable curry Quail eggs Roasted seaweed Kimchi	Multigrain-rice /Bread Seaweed soup Chickpea beef stew Vegetable pancake Cucumber kimchi	Multigrain-rice /Bread Soft tofu soup Chicken kebab mushroom&paprika Kimchi/yogurt	Multigrain-rice /Bread Fried tofu soup Kofte Tomatoes,cucumber, Lettuce Potato sticks Fruits
16(월)	17(화)	18(수)	19(목)	20(금)
Rice/Bread Bean paste soup Roasted beef Roasted tofu Roasted seaweed Kimchi	Multigrain-rice /Bread Ricecake soup with beef Curry chicken Tomato with eggplant Cucumber kimchi	Multigrain-rice /Bread Potato soup Beef cutlet Steamed Green maccaroni salad	Multigrain-rice /Bread Mushroom soup Chicken steak Fishcake with veggie Radish kimchi yogurt	Tuna with Rice (Mayo&soysauce) 상추, eggs, Bean paste soup Kimchi Fruits
23(월)	24(화)	25(수)	26(목)	27(금)
Rice/Bread Kimchi soup Cube beef stew Zucchini with mushroom Roasted seaweed kimchi	Multigrain-rice /Bread Tofu bean paste soup Fried pop chicken Salad with nuts Cucumber kimchi	Multigrain-rice /Bread Soft tofu soup Roasted fish with lemon Pasta salad Radish kimchi	Multigrain-rice /Bread Seaweed soup Chicken&Mushroom stew Roasted Veggie Kimchi/Yogurt	Rice/Seaweed Spaghetti Meat sauce/Dinner rolls Turkish salad Kimchi/Fruits
30(월)	31(화)			
Rice/Bread Fishcake soup Curry Spring rolls Roasted seaweed Kimchi	Multigrain-rice /Bread Fried tofu soup Bulgogi Lettuce(paste) Kimchi			