

MON	TUE	WED	THU	FRI
		1	2	3
		Multigrain-rice /Bread Beef soup Fish cutlet Potatoes with tomato sauce Kimchi	Multigrain-rice /Bread Soft tofu soup Yogurt chicken kebab Steamed spinach Salad/Kimchi	Bibimbab Mushroom soup Fruits kimchi
6	7	8	9	10
Rice/Bread Beansprouts soup Beef&paprika Corn&veggie pancake Roasted seaweed Kimchi	Multigrain-rice /Bread Fried tofu soup Chicken with sauce Cabbage salad Kimchi	Multigrain-rice /Bread Seaweed soup Roasted salmon with lremon Vegetable Kimchi	Multigrain-rice /Bread Fishcake soup Beef with mushroom Steamed Zucchini Kimchi/yogurt	Multigrain-rice /Bread lentil soup Sloppy joe Wedge potatoes Salad/Fruits
13	14	15	16	17
Rice/Bread Beansprouts with kimchi soup Kima curry Spring rolls Roasted seaweed Kimchi	Multigrain-rice /Bread Beef radish soup Chicken with veggie Roasted corn Kimchi	Multigrain-rice /Bread Tuna soup Beef cutlet sticks Apple coleslaw Steamed cucumber	Multigrain-rice /Bread Mushroom soup Chicken with tomatoes Fishcake with veggie Radish kimchi yogourt	Multigrain-rice /Bread Corn soup Hamberg steak Mashed potato Salad/Fruits
20	21	22	23	24
Rice/Bread Egg soup Beef kebab Roasted tofu with sauce Roasted seaweed kimchi	Multigrain-rice /Bread Beef soup Roaste chicken with curry Tteockbokki/Kimchi	Multigrain-rice /Bread Fried tofu soup Galbi stew Steamed bean sprouts Radish kimchi	Multigrain-rice /Bread Potato soup Chilly beef Eggplants with tomato Kimchi/Yogurt	Rice/Seaweed Spaghetti Meat sauce/Dinner rolls Turkish salad Kimchi/Fruits
27	28	29	30	
Rice/Bread Beansprouts soup Beef tomato curry Broccoli with fishcake Roasted seaweed Kimchi	Multigrain-rice /Bread Ricecake soup Chicken steak Pasta salad Cucumber kimchi	Multigrain-rice /Bread Beanpaste soup Roasted fish Mapo tofu Radish kimchi	Multigrain-rice /Bread Radish soup Bulgogi(noodle) Roasted mushroom Lettuce kimchi	