

# WEEKLY MENU (3월) 중식

From 02/03/2023 -03/03/2023

| Dish name   |                              | Monday (27) | Tuesday(28) | Wednesday(01) | Thursday(02)                         | Friday(03)                             |
|-------------|------------------------------|-------------|-------------|---------------|--------------------------------------|--|
| Main dish   |                              |             |             |               | 제육볶음<br>Fried Spicy Pork(10)         | 반반치킨<br>Deep Fried Chicken(1,2,5,6,15) |
| Side dish 1 |                              |             |             |               | 한식잡채<br>Seasoned Korean Noodle(5,10) | 메추리알조림<br>Braised Quail Egg (1,5)      |
| Side Dish 2 | 중&고등<br>교직원<br>Others        |             |             |               | 오이무침<br>Seasoned Cucumber            | 코울슬로<br>Coleslaw(1.5,6)                |
|             | 초등<br>Elementary<br>Students |             |             |               |                                      | 콘샐러드<br>Corn Salad(1,2,5,6)            |
| Kimchi      |                              |             |             |               | 김치<br>kimchi (6,9,13)                | 김치<br>kimchi (6,9,13)                  |
| Soup        |                              |             |             |               | 닭곰탕<br>Chicken Soup(15)              | 소고기미역국<br>Seaweed Soup(10,16)          |
| Rice        |                              |             |             |               | 쌀밥<br>White Rice                     | 쌀밥<br>White Rice                       |
| Dessert     |                              |             |             |               | 스마일빵<br>Bread(1,2,5,6)               | 요구르트<br>Yakult(2)                      |

※ 상기 식단은 식재료 수급사정에 따라 변동 될 수 있습니다.

※ 알레르기유발 원재료 표시

# WEEKLY MENU (3월) 중식

From 06/03/2023 - 10/03/2023

| Dish name   |                              | Monday (06)                            | Tuesday(07)   | Wednesday(08)                          | Thursday(09)                       | Friday(10)   |
|-------------|------------------------------|--|---|--|------------------------------------|--|
| Main dish   |                              | 소불고기<br>Fried Beef Bulgogi(16)         | 돈까스<br>Pork Cutlet(1,5,6,10,12)                             | 닭갈비<br>Stir Fried<br>Chicken(5,6,15)   | 김치전<br>Kimchi<br>Pancake(5,6,9,13) | 깐풍기<br>Deep fried<br>Chicken(5,6,15)               |
| Side dish 1 |                              | 느타리버섯튀김<br>Deep Fried<br>Mushroom(5,6) | 두부조림<br>Braised Tofu(5)                                     | 분홍소세지<br>Grilled sausage(2,5,6)        | 멸치볶음<br>Stir Fried Anchovy         | 새우 딤섬<br>Shirimp<br>Dimsum(1,5,6,9)                |
| Side Dish 2 | 중&고등<br>교직원<br>Others        | 무생채<br>Seasoned Radish                 | 매콤파채콩나물무침<br>Seasoned Spicy Spring<br>Onion&Bean Sprout (5) | 모닝글로리볶음<br>Stir Fried<br>Morning Glory | 부추무침<br>Seasoned Chives            | 배추된장무침<br>Seasoned Cabbage W<br>Soybean Paste(5,6) |
|             | 초등<br>Elementary<br>Students |  | 콩나물무침<br>Seasoned Bean<br>Sprout(5)                         |  | 시금치무침<br>Seasoned Spinach          |  |
| Kimchi      |                              | 김치<br>Kimchi (6,9,13)                  | 김치<br>kimchi (6,9,13)                                       | 김치<br>kimchi (6,9,13)                  | 김치<br>kimchi (6,9,13)              | 김치<br>kimchi (6,9,13)                              |
| Soup        |                              | 호박된장찌개<br>Soybean Soup(5,6,18)         | 미소장국<br>Soybean Soup(5,6)                                   | 어묵국<br>Fish Cake Soup(5,6)             | 돼지국밥<br>Pork Soup(10,16)           | 계란국<br>Egg Soup(1)                                 |
| Rice        |                              | 잡곡밥<br>Mixed Grain Rice                | 쌀밥<br>White Rice  | 쌀밥<br>White Rice                       | 쌀밥<br>White Rice                   | 쌀밥<br>White Rice                                   |
| Dessert     |                              | 슈크림빵<br>Choux Cream(1,2,5,6)           | 과일<br>Fruit   | 요구르트<br>Yakult(2)                      | 요거트<br>Yogurt(2)                   | 카라멜푸딩<br>Caramel Pudding(1,2)                      |

※ 상기 식단은 식재료 수급사정에 따라 변동 될 수 있습니다.

※ 알레르기 유발 원재료 표시

Aden



# WEEKLY MENU (3월) 중식

From 13/03/2023 - 17/03/2023

| Dish name   |                              | Monday (13)                             | Tuesday(14)                        | Wednesday(15)                              | Thursday(16)                                   | Friday(17)                             |
|-------------|------------------------------|---|------------------------------------|--|--|--|
| Main dish   |                              | 뼈없는돼지갈비찜<br>Boneless Fried pork(5,6,10) | 부추전<br>Chive Pancake(1,5,6)        | 파채대패불고기<br>Pork&Spring Onion Bulgogi(5,10) | 닭볶음탕<br>Stir Fried Chicken W Soy Sauce(5,6,15) | 짜장밥<br>Black Bean Paste Noodle(5,6,10) |
| Side dish 1 |                              | 온두부<br>Steamed Tofu(5)                  | 계란찜<br>Steamed Egg(1)              | 고구마 맛탕<br>Deep fried Sweet Potato          | 스프링롤<br>Deep Fried Spring Roll(1,5,6,10)       | 고추잡채&꽃빵<br>Fried Pork W Pepper(5,6,10) |
| Side Dish 2 | 중&고등<br>교직원<br>Others        | 감자채볶음<br>Fried Potato                   | 애호박나물<br>Seasoned Zucchini         | 양념깻잎지<br>Seasoned Perilla Leaf             | 마늘브로콜리볶음<br>Stir Fried Garlic&Brocoli          | 단무지부추무침<br>Seasoned Radish and Chive   |
|             | 초등<br>Elementary<br>Students |   |                                    | 새송이버섯볶음<br>Stir Fried Mushroom             | 사과상추무침<br>Seasoned Spinach                     |  |
| Kimchi      |                              | 볶은김치<br>Kimchi (6,9,13)                 | 김치<br>kimchi (6,9,13)              | 김치<br>kimchi (6,9,13)                      | 김치<br>kimchi (6,9,13)                          | 김치<br>kimchi (6,9,13)                  |
| Soup        |                              | 버섯탕<br>Mushroom Soup                    | 부대찌개<br>Sausage Soup(5,6,10,13,15) | 소고기무국<br>Beef Radish Soup(16)              | 잔치국수<br>Korean Noodles(6,9)                    | 두부김치국<br>Tofu Kimchi Soup(5,6,7,13)    |
| Rice        |                              | 쌀밥<br>White Rice                        | 콩나물밥<br>Bean Sprout Rice(5)        | 쌀밥<br>White Rice                           | 쌀밥<br>White Rice                               | 쌀밥<br>White Rice                       |
| Dessert     |                              | 블루베리 파이 스틱<br>Bluberry Pie(1,2,5,6)     | 과일<br>Fruit                        | 요거트<br>Yogurt(2)                           | 휘낭시에<br>Financiers(1,2,5,6)                    | 요구르트<br>Yakult(2)                      |

※ 상기 식단은 식재료 수급사정에 따라 변동 될 수 있습니다.

※ 알레르기유발 원재료 표시

1.난류 2.우유 3.메밀 4.땅콩 5.대두 6.밀 7.고등어 8.게 9.새우 10.돼지고기 11.복숭아 12.토마토 13.아황산류 14. 호두 15. 닭고기 16.쇠고기 17.오징어 18.조개류

Aden

# WEEKLY MENU (3월) 중식

From 20/03/2023 - 24/03/2023

| Dish name   |                              | Monday (20)                      | Tuesday(21)                        | Wednesday(22)   | Thursday(23)                                     | Friday(24)                                     |
|-------------|------------------------------|----------------------------------|------------------------------------|---|--|--|
| Main dish   |                              | 떡볶이<br>Stir Fried Rice Cake(5,6) | 안동찜닭<br>Braised Chicken(5,6,15)    | 김치두루치기<br>Fried Kimchi Spicy Pork(5,6,9,10,13)            | 소고기장조림<br>Braised Beef(1,16)                     | 한방보쌈<br>Steamed Pork(10)                       |
| Side dish 1 |                              | 순대<br>Sundae(5,6,10)             | 계란말이<br>Rolled Egg(1,5)            | 소떡소떡강정<br>Deep Fried Sausage and Rice Cake(1,2,5,6,10,16) | 베이컨숙주볶음<br>Stir Fried Bacon&Bean Sprouts(5,6,10) | 모듬쌈&쌈장<br>Lettuce and Perilla Leaf(5.6)        |
| Side Dish 2 | 중&고등<br>교직원<br>Others        | 고구마튀김<br>Fried Sweet Potato(5,6) | 줄기콩볶음<br>Stir Fried Stem Bean(5)   | 느타리버섯나물<br>Seasoned Mushroom                              | 시금치두부무침<br>Seasoned Spinach and Tofu(5)          | 콩나물쫄면<br>Spicy Bean Sprout Mixed Noodles (5,6) |
|             | 초등<br>Elementary<br>Students |                                  |                                    |   |  | 간장비빔국수<br>Soy Sauce Noodles(6)                 |
| Kimchi      |                              | 김치<br>kimchi (6,9,13)            | 김치<br>kimchi (6,9,13)              | 김치<br>Kimchi (6,9,13)                                     | 김치<br>Kimchi (6,9,13)                            | 보쌈김치<br>kimchi (6,9,13)                        |
| Soup        |                              | 미니우동<br>Mini Udong(6)            | 사골설렁탕<br>Beef Stock Soup(10,16)    | 복어국<br>Dried Pollack soup(1,9)                            | 오징어무국<br>Squid Radish Soup(9,17)                 | 배추된장국<br>Cabbage Soybean Soup(5,6)             |
| Rice        |                              | 쌀밥<br>White Rice                 | 쌀밥<br>White Rice                   | 잡곡밥<br>Mixed Grain Rice                                   | 쌀밥<br>White Rice                                 | 쌀밥<br>White Rice                               |
| Dessert     |                              | 요구르트<br>Yakult(2)                | 미니초코머핀<br>Chocolate Muffine(1,5,6) | 과일<br>Fruit   | 파배기빵<br>Twist Bread(1,2,5,6)                     | 과일<br>Fruit                                    |

※ 상기 식단은 식재료 수급사정에 따라 변동 될 수 있습니다.



# WEEKLY MENU (3월) 중식

From 27/03/2023 – 31/03/2023

| Dish name   |                              | Monday (27)                             | Tuesday(28)                       | Wednesday(29)                                 | Thursday(30)                 | Friday(31)                                  |
|-------------|------------------------------|---|-----------------------------------|---|------------------------------|---|
| Main dish   |                              | 비빔밥<br>&계란후라이<br>Bibimbop(1,10)         | 계란두부구이<br>Grilled Egg Tofu(1,5,6) | 찹쌀탕수육<br>Deep Fried Pork(1,5,6)               | 햄전<br>Grilled Ham(1,5,6,10)  | 미트스파게티<br>Meat Pasta(10,16,12)              |
| Side dish 1 |                              | 연두부&간장<br>Soft Tofu W Soy<br>Sauce(5,6) | 어묵볶음<br>Stir Fred Fish cake(5,6)  | 마파두부<br>Stir FriedTofu5,6,10)                 | 멸치볶음<br>Stir Fried Anchovy   | 감자튀김&케첩<br>French Fries(5,12)               |
| Side Dish 2 | 중&고등<br>교직원<br>Others        | 콘샐러드<br>Corn Salad(1,2,5,6)             | 양파장아찌<br>Seasoned Onion(5,6)      | 가지볶음<br>Stir Fried Eggplant                   | 맛김<br>Seasoned Seaweed       | 치킨텐더샐러드<br>Chicken tender salad<br>(5,6,10) |
|             | 초등<br>Elementary<br>Students |   | 무나물<br>Seasoned Radish            | 청경채무침<br>Seasoned Bok Choy                    |                              |   |
| Kimchi      |                              | 김치<br>kimchi (6,9,13)                   | 김치<br>kimchi (6,9,13)             | 김치<br>kimchi (6,9,13)                         | 김치<br>kimchi (6,9,13)        | 김치<br>kimchi (6,9,13)                       |
| Soup        |                              | 맑은감자국<br>Potato Soup(1,9,15)            | 시래기 감자탕<br>Pork Potato Soup(10)   | 짬뽕국<br>Spicy Seafood<br>Soup(8,9,10,15,17,18) | 닭살국수<br>Chicken Noodle(6,15) | 유부장국<br>Fried Tofu Soup(5,6,9)              |
| Rice        |                              | 쌀밥<br>White Rice                        | 쌀밥<br>White Rice                  | 쌀밥<br>White Rice                              | 잡곡밥<br>Mixed Grain Rice      | 쌀밥<br>White Rice                            |
| Dessert     |                              | 과일<br>Fruit                             | 요구르트<br>Yakult(2)                 | 과일<br>Fruit                                   | 레몬 마들렌<br>Madaleine(1,5,6)   | 미니 가또 쇼콜라<br>Gato Chocolat(1,2,5,6)         |

※ 상기 식단은 식재료 수급사정에 따라 변동 될 수 있습니다.

※ 알레르기유발 원재료 표시