

Lunch Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean/ Western	Multigrain Rice*, Soybean Paste Soup*#, Braised Pork Ribs*, Steamed Egg^*, Grilled Chicken Salad #*	Multigrain Rice*/Garlic rice, Miso Soup*#, Chicken Stroganoff^& Egg Rolls ^, Seasoned Bean Sprouts*, Tornado Potatoes*^&	Shrimp Fried Rice#^*, Egg Soup^*#, Hamburg Steak*&^, Stir-fried mushroom- with perilla oil #* Cobb salad with- wrench sauce &^	Multigrain Rice*, Bean Sprout Soup*#, Korean Braised Chicken*, Stir-fried Sausages and Vegetables*, Potato Salad^	Stir-fried Beef Rice*, Udon*#&^, Sweet and Sour Fried Chicken^*, Stir-fried Broccoli*, Salad with Cherry Tomatoes
Chinese/ Western	Multigrain Rice, Millet Congee, Braised Beef with Radish and Carrot*, Black Pepper Pork Chop**^, Stir-fried Broccoli Steamed Egg^*,	Multigrain Rice; Cornmeal Porridge, Stewed Ribs with Yam*; Mexican Chicken Wrap**&^, Stir-fried Potato, Green Pepper and Eggplant** Stewed Starch Noodles with Chinese Cabbage*	Multigrain Rice, Cornmeal Porridge, Fried Chicken Cutlet* Char Siu Chicken Thighs*, Stir-fried Zucchini with Carrot* Stir-fried Shredded Potatoes*,	Multigrain Rice, Rice Porridge, Roasted Pork Neck* Stir-fried Shrimp with Celery***, Scrambled Eggs and Tomato* Stir-fried Choy Sum with Mushroom*	Multigrain Rice, Seaweed and Egg Soup*#*, Salt and Pepper Pork T-Bone Chops*, Ham and Bacon Sandwich*& Stir-fried Broccoli and Cauliflower* Minced Garlic Bok Choy*
Fruit	Seasonal Fruits				

Lunch Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean/ Western	Multigrain Rice*/ Garlic rice, Egg Soup^*#, Beef Bulgogi*, Mashed potato*&^, Black Bean Dish, Apple Cabbage Salad^	Multigrain Rice*, Kimchi Bean-Sprout Soup*#, Fish Fillet**^*, Stir-fried Broccoli*, Teriyaki chicken- drumsticks*#	Mushroom Cream Soup*&^, Spaghetti Bolognese*, Garlic bread*&^, Steamed Chicken Salad*, Pickles	Multigrain Rice*, Soybean Paste Soup*#, Grilled Marinated Pork* Steamed Egg^*, Lettuce Salad*#	Bean Sprout Soup*#, Chicken Curry Rice*, Fried shrimp fish cake*#^, Roasted vegetables Corn Salad^
Chinese/ Western	Multigrain Rice, Cornmeal Porridge, Hot dog **&^ Braised Pork Ribs with Seaweed** Stir-fried Broccoli* Scrambled Eggs and Tomato*	Multigrain Rice, Millet Porridge, Braised Chicken Legs with Mushrooms and Potatoes* , Pizza**&^ , Stir-fried Mountain Celery with Shredded Potatoes* Braised Cabbage with Glass Noodles and Tofu*	Multigrain Rice; Rice Porridge; Stewed Beef with Tomatoes***, Popcorn Chicken**^ Stir-fried Mushroom and Bok Choy* Stir-fried Shredded Potatoes*,	Multigrain Rice, Cornmeal Porridge, Stir-fried Shrimp with Chopped Vegetables***, Chicken Burger**&^ , Stir-fried Broccoli with Carrots and Mushrooms* Stir-fried Potato, Green Pepper and Eggplant*#	Multigrain Rice, Seaweed and Egg Soup*#*, Stewed Beef with Potatoes***, Cream Fusilli Pasta*&^ , Stir-fried Celery with Lotus Slices* Scrambled Eggs and Tomato**
Fruit	Seasonal Fruits				

Allergies:

*Wheat

#Seafood

&Dairy

^Eggs

@Nuts

*If a salad is served with a specific dressing, the allergens are listed on the menu. However, for the salad with optional dressings, the allergens are not listed.

Lunch Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean/ Western	Multigrain Rice*/ Garlic rice, Kimchi Tofu Soup#*, Pork Steak, Stir-fried Glass Noodles*, Lentil Bean Dish, Salad with Cherry Tomatoes	Bibimbap#*^, Beef Radish Soup* Cream Puffs*^&	Black Bean Sauce Noodles*&, Egg Soup^*#, Sweet and Sour Pork*^, MaLaTang*#^ Cabbage Salad^	Stir-fried Kimchi Rice*#/ Multigrain Rice*, Egg & Bean Sprout Soup#^*, Grilled Pork Belly, Vegetable Sticks + SsamJang Sauce*, Egg Salad& Sandwich*^&, Dried Seaweed#, Sweet Potato Salad^&	Spoon Pizza*^&, Fried Chicken drumsticks*#&, Potato Wedges, Pickles, Juice
Chinese/ Western	Multigrain Rice, Fried Chicken Fillet*, Braised Ribs with White Gourd*, Fried Cabbage with Noodles** Millet Porridge, Braised Baby Cabbage in Scallion Oil	Multigrain Rice, Pan-grilled Pork Belly, Penne Pasta with Meat Sauce&*, Fried Potato Sticks with Celery* Cornmeal Porridge Scrambled Eggs and Tomato**	Multigrain Rice, Braised pork belly#* Ham and Bacon Sandwich*^, Scrambled Eggs with Spinach* Cornmeal and Rice Porridge Stir-fried Broccoli*	Multigrain Rice, Sweet and Sour Pork*, Orleans-style Roasted Chicken Wings, Fried Vegetables* Cornmeal Porridge Steamed Egg*^,	Multigrain Rice, Mexican Pork Wrap*^&, Fried Shrimp***, Stir-fried Eggs with Tomatoes* Seaweed and Egg Soup***, Stir-fried Shredded Potatoes*
Fruit	Seasonal Fruits				

Lunch Menu D

	Monday	Tuesday	Wednesday	Thursday	Friday
Korean/ Western	Multigrain Rice*/ Garlic rice, Black Bean Dish, Tomato Sauce Meatballs*^&, Pickles, Apple Cabbage Salad^	Chicken Soup*, Multigrain Rice*, Tuna Kimchi Pancake*#, Braised Potato* Silken Tofu*, Cream Puffs*^&	Miso Soup#*, Spam Tuna Mayo Rice#^*, Stir-fried Broccoli + Mushroom*, Yakult&	Garlic rice, Mashed potato*&, Tomato&Vegi Beef dish, Chicken steak, Yogurt&	Rose sauce Tteokbokki*#&^ Stir-fried Beef Rice* Fried Shrimp*^ Candied Sweet Potatoes* Juice
Chinese/ Western	Multigrain Rice, Pork Chop Burger*^&, Braised Spare Ribs with Sour Cabbage*, Stir-fried Broccoli and Cauliflower*, Cornmeal Porridge, Stir-fried Potato, Green Pepper and Eggplant*#	Multigrain Rice, Cream Pasta*^, Poached Beef Slices**, Stir-fried Tomatoes with Eggs*^ Millet Congee Colorful Corn Kernels*	Multigrain Rice, Braised Pork Ribs*, Beef Rice Ball*, Stir-fried Mushroom with Broccoli*, Tomato and Egg Soup*^, Stir-fried Tofu Rolls with Bell Peppers#*	Multigrain Rice, Braised Pork with Quail Eggs*, Salt and Pepper Pork T-Bone Chops*^, Stir-fried Celery with Tofu Skin*, Minced Garlic Bok Choy*	Multigrain Rice, Grilled Chicken Leg Meat*^, Stewed Beef Brisket, Stir-fried Vegetables*^, Seaweed Egg Soup#^& Stir-fried Shredded Potatoes*
Fruit	Seasonal Fruits				

Allergies:

*Wheat

#Seafood

&Dairy

^Eggs

@Nuts

*If a salad is served with a specific dressing, the allergens are listed on the menu. However, if the salad comes with optional dressings, the allergens are not listed.

Lunch Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
한식/ 양식	잡곡밥* 배추버섯된장국*# 돼지갈비찜* 계란찜** 구운닭가슴살샐러드*#	잡곡밥*/ 갈릭라이스 미소된장국*# 치킨스트로그노프^& 계란말이^ 콩나물무침* 회오리감자**&	새우볶음밥#** 실파계란국^*# 수제햄버그스테이크*&^ 들기름버섯볶음*# 콥샐러드&^	잡곡밥* 콩나물국*# 간장찜닭* 소세지야채볶음* 감자샐러드^	소고기볶음밥* 우동*#^& 닭강정^^ 브로콜리볶음* 방울토마토샐러드
중식/ 양식	잡곡밥 좁쌀죽 삼색소고기* 후추포크스테이크*^ 브로콜리볶음 계란찜**	잡곡밥 옥수수가루죽 참마갈비찜* 멕시칸치킨롤**& 지삼선*# 배추당면찜*	잡곡밥 옥수수가루죽 돈가스* 차슈 닭다리살*, 애호박당근볶음* 감자채볶음*	잡곡밥 백미죽 양식목살구이 샐러리새우볶음*# 토마토계란볶음^^ 표고버섯유채볶음*	잡곡밥 김달걀국*^# 소금 후추 돼지갈비**^, 햄베이컨샌드위치&* 유기농콜리플라워볶음* 청경채볶음*
과일	제철 과일				

Lunch Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
한식/ 양식	잡곡밥*/ 갈릭라이스 실파계란국^*# 소불고기* 매쉬드포테이토*& 검은콩요리 사과양배추샐러드^	잡곡밥* 김치콩나물국*# 생선까스**# 브로콜리볶음* 닭봉구이*#	양송이크림스프*& 스파게티볼로냐* 마늘빵*& 삶은닭가슴살샐러드* 피클	잡곡밥* 두부된장국*# 양념돼지목살구이* 계란찜^* 상추채소겉절이*#	콩나물국*# 치킨카레라이스* 알새우어묵튀김*#^ 구운채소 콘샐러드^
중식/ 양식	잡곡밥, 옥수수가루죽, 다시마갈비찜* 핫도그*^& 다진마늘브로콜리볶음* 토마토계란볶음^^	잡곡밥, 좁쌀죽, 야채닭다리살찜* 피자*^& 셀러리감자볶음* 배추당면두부찜*	잡곡밥, 백미죽, 토마토양지찜*#, 팝콘치킨*^ 표고버섯유채볶음* 감자채 볶음*	잡곡밥, 옥수수가루죽 새우볶음*#, 치킨버거*^& 브로컬리당근 목이버섯볶음* 지삼선*#	잡곡밥, 김달걀국*^#, 감자소고기찜*# 크림푸실리파스타*& 샐러리연근볶음* 토마토계란볶음^^
과일	제철 과일				

알레르기:

*밀

#해산물

&유제품

^계란

@견과류

*샐러드가 특정 드레싱과 함께 제공되는 경우, 메뉴에 알레르기 유발 성분이 메뉴에 표시됩니다. 그러나 샐러드에 선택적 드레싱이 함께 제공되는 경우, 알레르기 유발 성분이 메뉴에 나와있지 않습니다.

Lunch Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
한식/ 양식	잡곡밥*/갈릭라이스 두부김치국* 그릴드포크 잡채* 렌틸콩요리 방울토마토샐러드	비빔밥* ^{^^} 소고기무국* 크림퍼프* ^{^^}	자장면*& 실파계란국* ^{^^} # 탕수육* ^{^^} 마라탕* ^{^^} 양배추샐러드^	김치볶음밥*#/ ^{^^} 잡곡밥* 달걀콩나물국* ^{^^} 삼겹살구이 계란샐러드빵* ^{^^} & 채소스틱+쌈장* 조미김# 고구마샐러드^&	수제떠먹는피자* ^{^^} & 반반치킨봉* ^{^^} & 웨이감자 피클 주스
중식/ 양식	잡곡밥, 좁쌀죽 양식치킨까스* 동과갈비찜*, 당면양배추볶음* ^{^^} 파기름배추볶음*	잡곡밥, 옥수수가루죽 삼겹살구이 미트소스펜네파스타* 샐러리감자볶음* 토마토계란볶음* ^{^^}	잡곡밥, 돼지고기간장조림* ^{^^} 옥수수알백미죽 햄베이컨샌드위치* ^{^^} 시금치계란볶음* ^{^^} 다진마늘브로콜리볶음*	잡곡밥 옥수수가루죽 탕수앵두육* ^{^^} , 올리언스 치킨윙 야채버섯볶음* 토마토계란볶음* ^{^^}	잡곡밥, 돼지고기랩* ^{^^} & 새우튀김* ^{^^} , 토마토계란볶음* ^{^^} 감자채볶음*
과일	제철 과일				

Lunch Menu D

	Monday	Tuesday	Wednesday	Thursday	Friday
한식/ 양식	잡곡밥*/갈릭라이스 검은콩요리 토마토소스미트볼* ^{^^} & 피클 사과양배추샐러드^	닭곰탕* 잡곡밥* 참치김치전* ^{^^} # 감자조림* 연두부* 크림퍼프* ^{^^} &	미소된장국* 참치스팸마요덮밥* ^{^^} 버섯브로콜리볶음* 요구르트&	갈릭라이스 매쉬드포테이토* ^{^^} & 토마토소고기찜 그릴드치킨 요거트	로제떡볶이* ^{^^} & 소고기볶음밥* 새우튀김* ^{^^} 고구마맛탕* 사과주스
중식/ 양식	잡곡밥, 돈가스버거* ^{^^} & 싼차이돼지갈비찜* 유기농콜리플라워볶음* 옥수수가루죽 지삼선* ^{^^}	잡곡밥, 크림파스타* 매콤소고기조림* ^{^^} , 토마토계란볶음* ^{^^} , 좁쌀죽, 컬러옥수수알*	잡곡밥, 옥수수갈비찜*, 소고기주먹밥*, 버섯브로콜리볶음*, 토마토계란국* ^{^^} 피망두부볶음* ^{^^}	잡곡밥, 돼지고기- 메추리알장조림*, 소금후추 돼지갈비* ^{^^} , 미나리건두부볶음* 옥수수가루죽 마늘소스청경채볶음*	잡곡밥, 구운 닭다리살* 토마토양지조림* ^{^^} , 야채버섯볶음* 김계란국* ^{^^} 감자채볶음*
과일	제철 과일				

알레르기:

*밀

#해산물

&유제품

^계란

@견과류

*샐러드가 특정 드레싱과 함께 제공되는 경우, 메뉴에 알레르기 유발 성분이 메뉴에 표시됩니다. 그러나 샐러드에 선택적 드레싱이 함께 제공되는 경우, 알레르기 유발 성분이 메뉴에 나와있지 않습니다.

Lunch Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
韩餐/西餐	杂粮饭*, 白菜蘑菇大酱汤*#, 炖猪排*, 蒸鸡蛋^*, 烤鸡肉沙拉#*,	杂粮饭*/ 蒜香米饭, 味噌大酱汤*, 炸鸡斯特罗格诺夫^&, 鸡蛋卷^, 凉拌豆芽*, 炸薯塔*^&	虾仁炒饭#^*, 香葱蛋汤^*#, 汉堡牛排*^&, 苏子油炒蘑菇* 科布蔬菜沙拉^&	杂粮饭*, 豆芽汤*#, 酱油炖鸡块*, 蔬菜炒火腿肠*, 土豆沙拉^	牛肉炒饭*, 乌冬面*#^&, 炸鸡块*^, 炒西兰花*, 西红柿沙拉
中餐/西餐	(小米,燕麦, 玉米) 米饭, 小米粥, 三色牛肉*, 黑胡椒猪排*^ 炒西兰花* 蒸鸡蛋^*	(小米,燕麦, 玉米) 米 饭, 玉米面粥 山药炖排骨*, 墨西哥鸡肉卷*^& 地三鲜*#, 白菜炖粉条*	(小米,燕麦, 玉米) 米饭, 玉米面粥, 炸鸡排* 叉烧鸡腿肉*, 茭瓜炒胡萝卜* 炆土豆丝*	(小米,燕麦, 玉米) 米饭, 白米粥, 西式烤猪颈肉* 芹菜炒虾仁*#, 西红柿炒鸡蛋^^ 香菇油菜*	(小米,燕麦, 玉 米) 米饭, 紫菜蛋花汤*^#, 椒盐丁骨猪排*^, 火腿培根三明治* 西兰有机花菜* 蒜蓉小白菜*
水果	水果				

Lunch Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
韩餐/西餐	杂粮饭*/ 蒜香米饭, 香葱蛋汤^*# 炒牛肉*, 土豆泥*^&, 炖黑豆菜, 苹果卷心菜沙拉^	杂粮饭*, 辛奇豆芽汤*#, 炸鱼块*^&#, 西兰花炒菜* 照烧酱烤鸡棒*#	双孢菇奶油汤*^&, 意大利面博洛尼亚*, 蒜蓉面包*^&, 蒸鸡肉沙拉*, 酸黄瓜	杂粮饭* 大酱汤*# 调味烤猪肉* 蒸鸡蛋^* 凉拌生菜*#	豆芽汤*#, 鸡肉咖喱饭*, 油炸虾仁鱼饼*#^ 烤蔬菜 玉米沙拉^
中餐/西餐	(小米,燕麦, 玉米) 米饭, 紫菜蛋花汤*^*#, 土豆炖牛肉*#, 奶油螺丝面*^& 西芹藕片* 西红柿炒鸡蛋^^	(小米,燕麦, 玉米) 米饭, 小米粥, 香菇土豆炖鸡腿肉*, 披萨*^& 山芹土豆条* 白菜粉丝炖豆腐*	(小米,燕麦, 玉米) 米饭, 白米粥, 西红柿炖牛腩*#, 鸡米花*^ 香菇油菜* 炆土豆丝*	(小米,燕麦, 玉米) 米饭, 玉米面粥, 五彩虾仁*#, 鸡排汉堡,*^& 蒜蓉西兰花胡萝卜木耳 * 地三鲜*#,	(小米,燕麦, 玉米) 米饭, 玉米面粥, 海带排骨** 热狗*^& 蒜蓉西兰花* 西红柿炒鸡蛋^^
水果	水果				

过敏源:

*谷物

#海产品

&奶制品

^鸡蛋

@坚果

*如果沙拉搭配特定的调料, 菜单上会列出过敏原信息。然而, 如果沙拉带有可选的调料, 则不会列出过敏原信息。

Lunch Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
韩餐/西餐	杂粮饭*/ 蒜香米饭, 豆腐辛奇汤#*, 煎烤猪排, 杂菜*, 炖扁豆菜, 西红柿沙拉	拌饭*^*, 牛肉萝卜汤*, 奶油泡芙*^&	炸酱面*&, 香葱蛋汤^*#*, 糖醋肉^*, 麻辣烫*#, 卷心菜色拉^	辛奇炒饭*#/ 杂粮饭*, 鸡蛋豆芽汤#^*, 烤猪五花肉, 鸡蛋沙拉面包*^&, 蔬菜条+烤肉酱*, 海苔#, 地瓜沙拉^&	舀着吃的披萨*^& 炸鸡*#& 薯角, 酸黄瓜, 果汁
中餐/西餐	(小米, 燕麦, 玉 米) 米饭, 西式炸鸡排*, 冬瓜炖排骨*, 粉丝呛橄榄菜*# 小米粥 葱油娃娃菜*	(小米, 燕麦, 玉米) 米 饭, 煎烤五花肉, 肉酱通心粉*^*, 山芹土豆条* 玉米面粥 西红柿炒蛋*^	(小米, 燕麦, 玉米) 米饭, 红烧肉*#, 火腿培根三明治* 菠菜炒鸡蛋*^ 白米玉米粒粥 蒜蓉西兰花*	(小米, 燕麦, 玉米) 米饭, 酸甜樱桃肉*^*, 奥尔良烤鸡全翅 青菜炒蘑菇* 玉米面粥 蒸鸡蛋*^	(小米, 燕麦, 玉 米) 米饭, 墨西哥猪肉卷*^& 炸虾仁*^*, 西红柿炒蛋*^ 炆土豆丝*
水果	水果				

Lunch Menu D

	Monday	Tuesday	Wednesday	Thursday	Friday
韩餐/西餐	杂粮饭*/ 蒜香米饭, 炖黑豆菜, 番茄酱肉丸*^& 酸黄瓜, 苹果卷心菜沙拉^,	韩式鸡汤*, 杂粮饭*, 金枪鱼辛奇饼*#, 酱油土豆*, 韩式凉拌豆腐* 奶油泡芙*^&	味噌大酱汤*, 金枪鱼午餐肉盖饭#^*, 炒蘑菇西兰花*, 养乐多&	蒜香米饭, 土豆泥*^&, 西红柿炖牛肉菜, 煎烤鸡肉, 酸奶	玫瑰奶油炒年糕*#&^ 牛肉炒饭* 炸虾*#^ 糖汁地瓜* 苹果汁
中餐/西餐	(小米, 燕麦, 玉 米) 米饭, 猪排汉堡*^& 酸白菜炖排骨*, 西兰有机花菜*, 玉米面粥 地三鲜*#,	(小米, 燕麦, 玉 米) 米饭, 奶油意面*^ 水煮牛肉片*#, 西红柿炒蛋*^*, 小米粥 五彩玉米粒*	(小米, 燕麦, 玉米) 米饭, 玉米炖排骨*, 牛肉饭团*, 菌菇西兰+有机花*, 西红柿鸡蛋汤*^ 彩椒炒豆卷*#	(小米, 燕麦, 玉米) 米 饭, 椒盐丁骨猪排*^*, 酱肉鹌鹑蛋 山芹腐竹*, 玉米面粥 蒜蓉小白菜*	(小米, 燕麦, 玉米) 米饭, 烤鸡腿肉* 西红柿炖牛腩*#, 青菜炒蘑菇* 紫菜蛋花汤*#^ 炆土豆丝*
水果	水果				

过敏源:

*谷物

#海产品

&奶制品

^鸡蛋

@坚果

*如果沙拉搭配特定的调料, 菜单上会列出过敏原信息。然而, 如果沙拉带有可选的调料, 则不会列出过敏原信息。