



	2024-02-26	2024-02-27	2024-02-28	2024-02-29	2024-03-01
<b>Western</b>					Independence Movement Day [No School]
<b>Asian</b>					
<b>Vegetarian</b>					
<b>Halal</b>					
<b>Daily Soup</b>					
<b>Banchan</b>					
<b>Salad bar</b>					
<b>Daily Fruit</b>					

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric

Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.



	2024-03-04					2024-03-05					2024-03-06					2024-03-07					2024-03-08				
<b>Western</b>	Jambalaya Rice (Beef: Australia, Pork: Korea)					Bacon Carbonara (Pork: Imported)					Greek Grilled Chicken Breast (Chicken: Korea)					Pork Fajita (Pork: Korea)					BBQ Pork Chop (Pork: Korea)				
	Fried Onion Ring					Fusilli Pasta					Tzatziki Sauce & Tortilla					Tortilla with Tomato Salsa & Sour Cream					Spanish potatoes				
	Sauteed Broccoli					Homemade Pickles					Green Beans Saute					Paprika Sauté					Pea Saute				
	PK	GL	B	TO		GL	PK	D	EGG	CU	D	CH	GL	B	CU	PK	GL	TO	D		PK	PO	B	TO	
<b>Asian</b>	Korean Chicken Soup & Noodles (Chicken: Korea)					Beef Beansprout Bibimbab (Beef: Australia)					Bacon Kimchi Pilaf (Pork: Imported)					Korean Braised Chicken (Chicken: Brasil)					Beef Curry Rice (Beef: Australia)				
	Soy-Braised Eggs					Soy-Braised Lotus					Fried Egg					Mashed Sweet Potato					Soy-Braised Tteokgalbi (Pork: Korea)				
	Dried Radish Muchim					Eggplant Saute					Stir-fried fish ball					Zucchini Sauté					Seasoned Garlic Stem				
	CH	GL	EGG	SOY	D	SOY	B				PK	EGG	S	F		CH	PO	GL	EGG	D	TO	PO	SOY	TU	PK
<b>Vegetarian</b>	Vegetarian Hamburger Steak					Cauliflower Gratin					Vegetable Chop Steak					Vegetable Fajita					Terriyakki Tofu				
	B	TO	GL			GL	D	EGG			B	TO	GL			GL	D	B			B	GL			
<b>Halal</b>	Beef Stir-fried Rice (Beef: Australia)					Lebanon style Pizza (Beef: Australia)					Greek Grilled Chicken Breast (Chicken: Korea)					Teriyaki Chicken Sticks (Chicken: Brazil)					Beef Curry (Beef: Australia)				
	Fried Onion Ring					Fusilli Pasta					Tzatziki Sauce & Tortilla					Mashed Sweet Potato					Spanish potatoes				
	Sauteed Mushroom					Homemade Pickles					Green Beans Saute					Broccoli Sauté					Coleslaw				
	GL	D	EGG	B		TO	GL	CU	D		GL	CH	D	B	CU	CH	GL	SOY	EGG	D	SOY	D	B	GL	TU
<b>Daily Soup</b>	Korean Chicken Soup (Chicken: Korea)					Egg Soup					Bean Sprout Soup					Soybean Soup					Miso Soup				
	CH	GL	D			SOY	EGG				SOY	B				B	Soy				B	SOY			
<b>Banchan</b>	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice				
	Plain Yogurt					Dried Seaweed sprinkles					Black beans cooked in soy sauce					Seaweed Salad					Macaroni Salad				
	Radish Kimchi					Red Kimchi					Red Kimchi					Red Kimchi					Red Kimchi				
	SOY	S	D	F		SOY	S	F			SOY	B	F			S	F				GL	EGG	F		
<b>Salad bar</b>	Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad				
	Healthy Toppings					Healthy Toppings					Healthy Toppings					Healthy Toppings					Healthy Toppings				
	Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)				
	FR	D	B			FR	D	B			FR	D	B			FR	D	B			FR	D	B		
<b>Daily Fruit</b>	Fruit Jelly					Orange					Fruit Jelly					Banana					Fruit Juice				

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Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.



	2024-03-11					2024-03-12					2024-03-13					2024-03-14					2024-03-15				
<b>Western</b>	Swedish Meatball (Pork:Korea, Beef:Australia )					Fish Cutlet with Tartar Sauce (Pollock: China)					Grilled Flounder (Flounder: USA)					Roasted Chicken Thigh (Chicken: Korea)					Beef Lasagna (Beef: Australia)				
	Mashed Potato					French Fries					Pasta Salad					Provencal Roasted Potatoes					Basil Foccacia				
	Paprika Saute					Pea Saute					Ratatouille					Oyster mushroom Saute					Mexican Beans Salad				
	PK	PO	GL	D		F	PO	B	EGG		TO	GL	F	D		CH	PO	S			B	GL	D	EGG	TO
<b>Asian</b>	Stir-Fried Spicy Chicken (Chicken: Brazil)					Rice with Black Bean Sauce (Pork: Korea)					Tteokbokki & Egg					Korean Beef Bone Soup w. Noodle (Beef: Australia)					Crispy Pork Cutlet (Pork: Korea)				
	Vegetable Japchae					Steamed Dumplings (Pork:Korea)					Fried Kimmali					Kimch Pancakes					Coleslaw				
	Silken Beancurd					Yuza Cucumber Muchim					Radish Muchim					Soy-Braised Burdock Roots					Spicy Sauce Noodle				
	CH	GL	B	SOY		B	CU	PK	PO	GL	EGG	GL	F	B	S	SOY	EGG	GL	D	F	PK	GL	D	B	CU
<b>Vegetarian</b>	Vegetarian Meatball					Vegetable fried rice & Crispy Spring Roll					Tteokbokki & Egg					Frittata					Vegetarian Pasta				
	B	GL	TO			GL	B	PO			EGG	GL				EGG	D				TO	D	GL		
<b>Halal</b>	Beef Meatball (Beef: Australia)					Beef Burger (Beef: Australia)					Grilled Flounder (Flounder: USA)					Chicken Burger (Chicken: Brazil)					Ragu Pasta (Beef: Australia)				
	Mashed Potato					French Fries					Pasta Salad					Provencal Roasted Potatoes					Basil Foccacia				
	Paprika Saute					Yuza Cucumber Muchim					Mashed potato					Oyster Mushroom Saute					Mexican Beans Salad				
	PO	TO	GL	D		F	PO	CU	FR		F	GL	EGG	PO	B	CH	PO	GL			GL	B	TO	D	
<b>Daily Soup</b>	Soybean Soup					Egg Soup					Udon Soup					Broccoli Soup					Miso Soup				
	SOY	B				Egg	SOY				SOY	F				GL	D				B	SOY			
<b>Banchan</b>	White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice					White Rice / Multi Grain Rice				
	Seasoned Garlic Stem					Soy-Braised Lotus					Yogurt					Dried Radish Muchim					Seasoned Bean Sprout Muchim				
	Red Kimchi					Red Kimchi					Red Kimchi					Radish Kimchi					Red Kimchi				
	B	F				SOY	F				SOY	F	D			SOY	F				SOY	B	F		
<b>Salad bar</b>	Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad					Lettuce Salad				
	Healthy Toppings					Healthy Toppings					Healthy Toppings					Healthy Toppings					Healthy Toppings				
	Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)					Salad Dressing (3 types)				
	FR	D	B			FR	D	B			FR	D	B			FR	D	B			FR	D	B		
<b>Daily Fruit</b>	Banana					Orange					Banana					Grape Jelly					Fruit Juice				

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Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.



	2024-03-18	2024-03-19	2024-03-20	2024-03-21	2024-03-22
<b>Western</b>	[St. Patric day] Irish Beef Stew  (Beef: Australia) Butter Roll  Corn Saute	Beef Pilaf (Beef:Australia)  Provencial Potato  Oyster Mushroom Saute	Pulled Pork (Pork:USA)  Milky Bun  Ovened Pumpkin	Tandoori Chicken (Chicken: Brazil)  Tortilla with Salsa & Sour Cream  Broccoli Saute	Meat Loaf with Tomato Sauce (Beef: Australia)  Poccachia  Paprika saute
	TO   B   GL   D   EGG	B   PO   S	PK   GL   D   TO   EGG	TU   CH   GL   D   TO	TO   GL   D   EGG
<b>Asian</b>	Chicken Mayo Rice Bowl (Chicken: Korea)  Seasoned Acorn Jelly with Cucumber  Yogurt	Tuna Bibimbap & Fried Egg  Spring Roll  Seasoned Oyster mushroom	Beef Bulgogi (Beef: Austrailia)  Steamed Cabbage & Ssamjang  Radish & Beet Jangajji	Stir-Fried Pork and Chive (Pork: Korea)  Chinese Bun  Chinese Pickled Mustard Stem	Yangnyeom Chicken with Rice Cake (Chicken: Brazil)  Roasted Sweet Potatoes  Radish Pickles
	CH   CU   D   EGG   GL	F   GL   EGG   S   PO	B   SOY	GL   PK   SOY   S	CH   GL
<b>Vegetarian</b>	Vegetabale Mayo Rice Bowl	Vegetarian Bibimbap & Fried Egg	Fallafel & Hummus	Sicilian Bean Ragout	Spicy Vegetable Ball & Ricecake
	B   GL   EGG	EGG	B   D	TO   B	B   GL
<b>Halal</b>	Chilli Con Carne (Beef: Australia)  Nacho Chips & Sour Cream  Corn Saute	Beef Kebap (Beef: Australia)  Grilled Potato  Broccoli Saute	Fallafel & Hummus  Chicken Wings (Chicken:Brazil)  Ovened Pumpkin	Tandoori Chicken (Chicken: Brazil)  Tortilla with Salsa & Sour Cream  Broccoli Saute	Yangnyeom Chicken with Rice Cake (Chicken: Brazil)  Roasted Sweet Potatoes  Cole slow
	GL   TO   D   B   EGG	GL   TO	B   CH   D   GL   EGG	TU   CH   GL   D   TO	CH   GL   EGG   D
<b>Daily Soup</b>	Kimchi soup	Miso Soup	Soybean Soup	Egg Soup	Bean sprout Soup
	F   SOY	B   SOY	SOY   B	EGG   SOY	SOY   B
<b>Banchan</b>	White Rice / Multi Grain Rice  Seasoned Lotus Roots  Red Kimchi	White Rice / Multi Grain Rice  Seaweed Sprinkles  Red Kimchi	White Rice / Multi Grain Rice  Plain yogurt  Red Kimchi	White Rice / Multi Grain Rice  Mexican Bean salad  Radish Kimchi	White Rice / Multi Grain Rice  Pickled Perilla Leaves  Red Kimchi
	SOY   F	S   F	SOY   B   D   F	S   F   B   TU   CU	SOY   F
<b>Salad bar</b>	Lettuce Salad  Healthy Toppings  Salad Dressing (3 types)	Lettuce Salad  Healthy Toppings  Salad Dressing (3 types)	Lettuce Salad  Healthy Toppings  Salad Dressing (3 types)	Lettuce Salad  Healthy Toppings  Salad Dressing (3 types)	Lettuce Salad  Healthy Toppings  Salad Dressing (3 types)
	FR   D   B	FR   D   B	FR   D   B	FR   D   B	FR   D   B
<b>Daily Fruit</b>	Green Jelly	Pear	Banana	Mixed Grape	Fruit Juice

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Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

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MAR.2024

# Dwight School Seoul



	2024-03-25	2024-03-26	2024-03-27	2024-03-28	2024-03-29
<b>Western</b>	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>Asian</b>					
<b>Vegetarian</b>					
<b>Halal</b>					
<b>Daily Soup</b>					
<b>Banchan</b>					
<b>Salad bar</b>					
<b>Daily Fruit</b>					

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric

Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.



	2024-02-26	2024-02-27	2024-02-28	2024-02-29	2024-03-01
<b>Western</b>					Independence Movement Day  [No School]
<b>Asian</b>					
<b>Vegetarian</b>					
<b>Halal</b>					
<b>Daily Soup</b>					
<b>Banchan</b>					
<b>Salad bar</b>					
<b>Daily Fruit</b>					

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric

Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

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	2024-03-04					2024-03-05					2024-03-06					2024-03-07					2024-03-08				
<b>Western</b>	잠발라야 (우육:호주산,돈육:국내산)					베이컨 까르보나라 (돈육:수입산)					그리스식 닭가슴살 구이 (계육:국내산)					돼지고기화히타 (돈육:국내산)					바베큐폭찹 (돈육:국내산)				
	양파튀김					푸실리파스타					차치키소스 & 토띠아					살사소스&사워크림와 토띠아					스페인식감자구이				
	브로콜리 소테					야채 피클					그린빈소테					파프리카소테					완두콩소테				
	PK	GL	B	TO		PK	GL	D	EGG	CU	D	CH	GL	B	CU	PK	GL	TO	D		PK	PO	B	TO	
<b>Asian</b>	닭곰탕 & 면사리 (계육:국내산)					소고기 콩나물밥 (우육:호주산)					베이컨김치볶음밥 (돈육:수입산)					안동찜닭 (계육:브라질산)					소고기카레 (우육:호주산)				
	메추리알 장조림					연근조림					계란 후라이					으깬고구마샐러드					떡갈비구이 (돈육:국내산)				
	무말랭이 무침					가지볶음					볼어묵볶음					호박볶음					마늘쫀무침				
	CH	GL	EGG	SOY	D	SOY	B				PK	EGG	S	F		CH	PO	GL	EGG	D	TO	PO	SOY	TU	PK
<b>Vegetarian</b>	베지테리언함박스테이크					컬리플라워그라탕					베지 찹스테이크					야채화히타					데리야끼두부				
	B	TO	GL			GL	D	EGG			B	TO	GL			GL	D	B			B	GL			
<b>Halal</b>	소고기 볶음밥 (우육:호주산)					레바논식피자 (우육:호주산)					그리스식 닭다리 구이 (계육:브라질산)					데리야끼 닭봉 (계육:브라질산)					소고기카레 (우육:호주산)				
	양파튀김					푸실리파스타					차치키소스 & 토띠아					으깬고구마샐러드					스페인식감자구이				
	버섯소테					홈메이드 피클					그린빈소테					브로콜리소테					코울슬로				
	GL	D	EGG	B		GL	TO	CU	D		GL	CH	D	B	CU	CH	GL	TO	D		PO	D	B	EGG	TU
<b>Daily Soup</b>	닭곰탕 & 면사리					계란국					콩나물국					된장국					미소국				
	CH	GL				EGG	SOY				B	SOY				B	SOY				SOY	B			
<b>Banchan</b>	백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥				
	요거트					김자반					콩자반					모듬해초 무침					마카로니샐러드				
	깍두기					포기 김치					깍두기					포기 김치					포기 김치				
	SOY	F	D	S		SOY	S	F			SOY	B	F			S	F				EGG	GL	F		
<b>Salad bar</b>	양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드				
	건강한 토핑					건강한 토핑					건강한 토핑					건강한 토핑					건강한 토핑				
	3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱				
	FR	D	B			FR	D	B			FR	D	B			FR	D	B			FR	D			
<b>Daily Fruit</b>	과일젤리					오렌지					과일젤리					바나나					과일주스				

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Country of Origin : Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

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	2024-03-11					2024-03-12					2024-03-13					2024-03-14					2024-03-15				
<b>Western</b>	스웨디시 미트볼 (돈육:국내산,우육:호주산)					생선커틀렛 & 타르타르소스 (명태:중국산)					가자미구이 (가자미:미국산)					닭다리오븐구이 (계육:국내산)					비프라자나 (우육:호주산)				
	매쉬드감자					감자튀김					파스타샐러드					프로방스감자구이					바질포카치아				
	파프리카소테					완두콩소테					라따뚜이					굴소스느타리버섯소테					맥시칸빈샐러드				
	PK	PO	GL	D		F	PO	B	EGG		TO	GL	F	D		CH	PO	S			B	GL	D	EGG	TO
<b>Asian</b>	닭갈비 (계육:브라질산)					짜장덮밥 (돈육:국내산)					떡볶이 & 계란					설렁탕와 소면사리 (우육:호주산)					등심돈가스 (돈육:국내산)				
	야채잡채					찐만두 (돈육:국내산)					김말이튀김					김치전					코울슬로				
	연두부					유자오이무침					단무지무침					우영조림					비빔국수				
	CH	GL	SOY	B		B	CU	PK	PO	GL	EGG	GL	F	B	S	SOY	EGG	GL	D	F	PK	GL	D	B	CU
<b>Vegetarian</b>	베지테리언 미트볼					야채볶음밥&춘권					떡볶이 & 계란					프리타타					베지테리언 파스타				
	B	GL	TO			GL	B	PO			EGG	GL				EGG	D				TO	D	GL		
<b>Halal</b>	소고기 미트볼 (우육:호주산)					비프버거 (우육:호주산)					가자미구이 (가자미:미국산)					치킨 버거 (계육:브라질산)					라구파스타 (우육:호주산)				
	매쉬드감자					감자튀김					파스타샐러드					프로방스감자구이					바질포카치아				
	파프리카소테					유자오이무침					매쉬드감자					느타리버섯소테					맥시칸빈샐러드				
	PO	TO	GL	D		F	PO	CU	FR		F	GL	EGG	PO	B	CH	PO	GL			GL	B	TO	D	
<b>Daily Soup</b>	된장국					계란국					우동국					브로콜리소프					미소국				
	SOY	B				EGG	SOY				SOY	F				GL	D				B	SOY			
<b>Banchan</b>	백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥					백미밥/잡곡밥				
	마늘쫀무침					연근조림					마시는요거트					무말랭이무침					콩나물무침				
	포기 김치					포기 김치					포기 김치					포기 김치					포기 김치				
	B	F				SOY	F				SOY	F	D			SOY	F				SOY	B	F		
<b>Salad bar</b>	양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드					양상추 샐러드				
	건강한 토핑					건강한 토핑					건강한 토핑					건강한 토핑					건강한 토핑				
	3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱					3가지 드레싱				
	FR	D	B			FR	D	B			FR	D	B			FR	D	B			FR	D	B		
<b>Daily Fruit</b>	바나나					오렌지					바나나					포도젤리					과일주스				

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber, EGG=Egg, TU=Turmeric

Country of Origin: Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.





	2024-03-18					2024-03-19					2024-03-20					2024-03-21					2024-03-22				
<b>Western</b>	[세인트 패트릭데이] 아일랜드식 비프스튜  (우육:호주산) 버터를 콘소테					소고기 필라프 (우육:호주산)  프로방스감자구이  느타리버섯소테					폴드포크 (돈육:미국산)  밀키번  단호박 구이					탄두리치킨 (계육:브라질산)  또띠아 & 토마토 살사 & 사워크림  브로콜리소테					미트로프& 토마토소스 (우육:호주산)  포카치아  파프리카소테				
	TO	B	GL	D	EGG	B	PO	S			PK	GL	D	TO	EGG	CH	TU	GL	D	TO	TO	GL	D	EGG	
<b>Asian</b>	치킨 & 마요 덮밥 (계육:국내산)  도토리묵 무침  마시는요구르트					참치비빔밥  스프링롤  느타리버섯나물					소불고기 (우육:호주산)  양배추쌈*쌈장  야채피클					돼지고기부추잡채 (돈육:국내산)  꽃빵  짜사이무침					양념치킨&떡튀김 (계육:브라질산)  고구마 구이  치킨무				
	CH	CU	EGG	D	GL	F	GL	EGG	S	PO	B	SOY				GL	PK	SOY	S		CH	GL			
<b>Vegetarian</b>	베지마요 돈부리					비빔밥&계란후라이					팔레펠 & 후무스					시칠리안 콩 라구					베지테리안 양념치킨&떡튀김				
	B	GL	EGG			EGG					B	D				TO	B				B	GL			
<b>Halal</b>	칠리콘카르네 (우육:호주산)  나초칩&사워크림  콘소테					비프케밥 (우육:호주산)  그릴드 감자  브로콜리 소테					팔레펠 & 후무스  치킨윙 (계육:브라질산)  단호박구이					탄두리치킨 (계육:브라질산)  또띠아 & 토마토 살사 & 사워크림  브로콜리소테					양념치킨&떡튀김 (계육:브라질산)  고구마 구이  코우슬로				
	GL	TO	D	B	EGG	GL	TO				B	CH	D	GL	EGG	TU	CH	GL	D	TO	CH	GL	EGG	D	
<b>Daily Soup</b>	김치국					미소국					된장국					계란국					콩나물국				
	F	SOY				B	SOY				SOY	B				EGG	SOY				SOY	B			
<b>Banchan</b>	백미밥/잡곡밥  연근조림  포기 김치					백미밥/잡곡밥  김자반  포기 김치					백미밥/잡곡밥  플레인요거트  포기 김치					백미밥/잡곡밥  멕시코콩샐러드  깍두기					백미밥/잡곡밥  깍잎지  포기 김치				
	SOY	F				S	F				SOY	B	D	F		S	F	B	TU	CU	B	F			
<b>Salad bar</b>	양상추 샐러드  건강한 토핑  3가지 드레싱					양상추 샐러드  6가지 토핑  3가지 드레싱					양상추 샐러드  건강한 토핑  3가지 드레싱					양상추 샐러드  건강한 토핑  3가지 드레싱					양상추 샐러드  건강한 토핑  3가지 드레싱				
	FR	D	B			FR	D	B			FR	D	B			FR	D	B			FR	D	B		
<b>Daily Fruit</b>	그린 젤리					배					바나나					믹스포도					과일주스				

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Country of Origin : Kimchi(Cabbage:Korean,Pepper:Korean),White Kimchi(Cabbage: Korean), Rice: Korean

\*The menu may change depending on the food supply situation.



	2024-03-25	2024-03-26	2024-03-27	2024-03-28	2024-03-29
<b>Western</b>	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break
<b>Asian</b>					
<b>Vegetarian</b>					
<b>Halal</b>					
<b>Daily Soup</b>					
<b>Banchan</b>					
<b>Salad bar</b>					
<b>Daily Fruit</b>					

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MAR.2024

# Dwight School Seoul



	2024-02-26					2024-02-27					2024-02-28					2024-02-29					2024-03-01				
Western																					Independence Movement Day [No School]				
Asian																									
	2024-03-04					2024-03-05					2024-03-06					2024-03-07					2024-03-08				
Western	Jambalaya Rice (Beef: Australia, Pork: Korea)					Bacon Carbonara (Pork: Imported)					Greek Grilled Chicken Breast (Chicken: Korea)					Pork Fajita (Pork: Korea)					BBQ Pork Chop (Pork: Korea)				
Asian	PK	GL	B	TO		GL	PK	D	EGG	CU	D	CH	GL	B	CU	PK	GL	TO	D		PK	PO	B	TO	
Western	Korean Chicken Soup & Noodles (Chicken: Korea)					Beef Beansprout Bibimbab (Beef: Australia)					Bacon Kimchi Pilaf (Pork: Imported)					Korean Braised Chicken (Chicken: Brasil)					Beef Curry Rice (Beef: Australia)				
Asian	CH	GL	EGG	SOY	D	SOY	B				PK	EGG	S	F		CH	PO	GL	EGG	D	TO	PO	SOY	TU	PK
	2024-03-11					2024-03-12					2024-03-13					2024-03-14					2024-03-15				
Western	Swedish Meatball (Pork:Korea, Beef:Australia )					Fish Cutlet with Tartar Sauce (Pollock: China)					Grilled Flounder (Flounder: USA)					Roasted Chicken Thigh (Chicken: Korea)					Beef Lasagna (Beef: Australia)				
Asian	PK	PO	GL	D		F	PO	B	EGG		TO	GL	F	D		CH	PO	S			B	GL	D	EGG	TO
Western	Stir-Fried Spicy Chicken (Chicken: Brazil)					Rice with Black Bean Sauce (Pork: Korea)					Tteokbokki & Egg					Korean Beef Bone Soup w. Noodle (Beef: Australia)					Crispy Pork Cutlet (Pork: Korea)				
Asian	CH	GL	B	SOY		B	CU	PK	PO	GL	EGG	GL	F	B	S	SOY	EGG	GL	D	F	PK	GL	D	B	CU
	2024-03-18					2024-03-19					2024-03-20					2024-03-21					2024-03-22				
Western	[St. Patric day] Irish Beef Stew					Beef Pilaf (Beef:Australia)					Pulled Pork (Pork:USA)					Tandoori Chicken (Chicken: Brazil)					Meat Loaf with Tomato Sauce (Beef: Australia)				
Asian	TO	B	GL	D	EGG	B	PO	S			PK	GL	D	TO	EGG	CH	TU	GL	D	TO	TO	GL	D	EGG	
Western	Chicken Mayo Rice Bowl (Chicken: Korea)					Tuna Bibimbap & Fried Egg					Beef Bulgogi (Beef: Austrailia)					Stir-Fried Pork and Chive (Pork: Korea)					Yangnyeom Chicken with Rice Cake (Chicken: Brazil)				
Asian	CH	CU	EGG	D	GL	F	GL	EGG	S	PO	B	SOY				GL	PK	SOY	S		CH	GL			
	2024-03-25					2024-03-26					2024-03-27					2024-03-28					2024-03-29				
Western	Spring Break					Spring Break					Spring Break					Spring Break					Spring Break				
Asian																									

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