

Fall/Winter MENU - 2021/2022

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6	7
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Blueberry Muffin Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Korean Potato Soup Steamed Cod w/ Special Soy Sauce Zucchini Namul Rice/Kimchi Diced Peaches	Napa Cabbage Soup Braised Tofu Stew Spicy Cucumber Salad Rice/Kimchi Pears	Spinach Soup Egg & Kimchi Fried Rice Sesame Broccoli Chocolate Cake	Chicken Noodle Soup Sausage Stir Fry Bok Choy Rice/Kimchi Vanilla Ice Cream	Miso Vegetable Soup Teriaky Chicken Honey Ginger Roasted Carrots Rice/Kimchi Sticky Toffee Pudding	Radish Soup Beef & Cucumber Stir Fry Rice/Kimchi Cocktail Fruil Salad	Seaweed Soup Korean Egg Custard Vegetable Stir Fry Rice/Kimchi Mandarin Orange
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Korean BBQ Chicken Rice Rice w/ Beans Coconut Cream Pie	Korean Sweet & Sour Pork(TANGSUYUK) Oriental Mix Vegetables Steamed Rice Apricot Crisp	Sticky Honey Chicken Spinach Namul Rice/Kimchi Fresh Fruit Cup	Spicy Pasta & Meatballs Caesar Salad Garlic Bread Diced Pears	Pan-fried Fish Green Beans Rice & Barley Diced Pineapple	Oven Roasted Pork Belly Been Sprout Namul Rice Chocolate Brownie	Beef Bulgogi Burger on a Bun Lettuce & Tomato Spicy Mayo/Kimchi Tripleberry Crumble Cake
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Roasted Chicken Breast	Turkey Salad Sandwich	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

Menu subject to change without notice

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Breakfast: 250 ml of milk and 125 ml of juice are offered daily.
 Lunch/Supper: 125 ml of milk and 125 ml of water are offered daily
 AM/PM/HS: Assorted Beverages (125 ml juices/milk/tea/coffee).
 HS: Assorted sandwich is also available upon request

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8	9	10	11	12	13	14
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Raisin Bread Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Breakfast Sausage French Toast & Syrup Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Vegetable Soup Kimchi Casserole Radish Salad Steamed Rice DCD Pineapple	Cabbage & Barley Soup Spicy Marinated Pork Steamed Cauliflower Rice/Kimchi Vanilla Ice Cream	Chef's Choice Fresh Fruit Cup	Korean Chicken Soup Zucchini Namul Rice/Kimchi Butter Tart Bar	Napa Cabbage Soup Pan-Fried Pollock Green Beans Rice/Kimchi Mandarin Orange	Korean Potato Soup Pork & Kimchi Fried Rice Spring Roll Apricots	Mushroom Soup Braised Tofu Napa Cabbage Namul Rice/Kimchi Carrot Cake
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Korean Miso & Honey Cod Broccoli Rice & Barley Citrus Cake	Baked Hoisin Chicken Soybean Sprout (Kongnamool) Rice/Kimchi Blueberry Pie	Korean Meatballs Spiced Cucumber Salad Rice Strawberry Crumble	Spicy Pork Tenderloin Glazed Carrots Rice/Kimchi Fruit Salad	Korean Style Chicken Warm Radish Salad Spicy Glass Noodles Apple Crisp	BBQ Beef Seaweed Salad Rice/Kimchi Lemon Pie	Stir Fried Pork Green Beans Rice Diced Peaches
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Herbed Chicken Breast	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Assorted Loaf/Yogurt	Assorted Beverages Assorted Fruits/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	15	16	17	18	19	20	21
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Bran Muffin Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Seaweed Soup Korean Style Tuna Stir Fry Vegetables Noodles/Kimchi Pears	Spinach Soup Kimchi Egg & Ham Cups Pan fried Zucchini Rice Vanilla Cake	Korean Chicken Soup Zucchini Namul Rice/Kimchi Blueberry Pie	Napa Cabbage Soup Spicy Egg Custard Romaine Salad Rice/Kimchi Peaches & Pears	Korean Potato Soup BBQ Beef Ribette Stir Fry Vegetables Steamed Rice Apricots	Kimchi and Beef Soup Doenjang Cream Pasta Korean Green Salad Maple Cake	Chicken & Vegetable Soup Sausage Stir Fry Been Sprout Namul Rice/Kimchi Lemon Pie
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Sweet & Sour Chicken Bean Sprout Steamed Rice Chocolate Cake	Korean Beef Patties Sesame Broccoli Rice/Kimchi Rhubarb Crisp	Glazed Roasted Pork Belly Radish Salad Steamed Rice/Kimchi Mandarin Orange	Grilled Gochujang Chicken Green Beans Rice/Kimchi Coconut Cream Pie	Spicy Broiled Salmon Seaweed Salad Steamed Rice Butter Tart Bar	Sticky Honey Chicken Sesame Broccoli & Cauliflower Mix Rice/Kimchi Fruit Salad	Beef & Vegetable Stir Fry Steamed Rice/Kimchi Apple Crisp
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Roasted Chicken Breast	Turkey Salad Sandwich	Swiss Cheese Sandwich
HS	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Lemon Loaf/Yogurt

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	22	23	24	25	26	27	28
Breakfast	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Watermelon	Assorted Juice Oatmeal Boiled Eggs Raisin Bread Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Honeydew	Assorted Juice Cream of Wheat Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana	Assorted Juice Oatmeal Poached Eggs & Bacon Pancake w/ Syrup Peanut Butter/Assorted Jam Cantaloupe	Assorted Juice Oatmeal Scrambled Eggs Whole Wheat Toast Peanut Butter/Assorted Jam Banana
Alternate	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
AM	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages	Assorted Beverages
Lunch	Egg Soup Kimchi Casserole Radish Salad Steamed Rice Diced Pears	Vegetable Soup Chicken Fried Rice Green Beans Nanaimo Bar	Chef's Choice Peaches	Korean Chicken Soup Zucchini Namul Rice/Kimchi Apple Pie	Napa Cabbage Soup Spicy Fish Stew Warm Radish Salad Steamed Rice Honeydew	Miso Soup Korean Style Chicken Seaweed Salad Stir Fry Noodles Blueberry Cheesecake	Soybean Paste Soup Kimchi Casserole Spring Roll Steamed Rice Apricots
Alternate	Cheese Sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Swiss Cheese Sandwich
PM	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Oatmeal Cookie	Assorted Beverages Shortbread Cookie	Assorted Beverages Assorted Cookies	Assorted Beverages Oatmeal Cookie	Assorted Beverages Chocolate Chip Cookie	Assorted Beverages Shortbread Cookie
Supper	Spicy Baked Tilapia Glazed Carrots Rice/Kimchi Peach Cobbler	Korean Pork BBQ Sesame Brussel Sprouts Steamed Rice/Kimchi Fruit Cocktail	Korean Ground Beef Steamed Broccoli Rice/Kimchi Coconut Cream Pie	Fried Dumpling Soybean Sprout (Kongnamool) Egg Fried Rice Crushed Pineapple	Marinated Pork Cucumber Salad Rice/Kimchi Strawberry Crisp	BBQ Beef Zucchini Namul Rice/Kimchi Fresh Fruit Salad	Pork Teriyaki Stir Fry Vegetables Steamed Rice Lemon Pie
Alternate	Cheeses sandwich	Assorted sandwiches	Ham Sandwich	Chicken Salad Sandwich	Egg Salad Sandwich	Turkey Salad Sandwich	Herbed Chicken Breast
HS	Assorted Beverages Assorted Fruits/Yogurt	Assorted Beverages Banana Loaf/Yogurt	Assorted Beverages Blueberry Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Carrot Loaf/Yogurt	Assorted Beverages Applesauce/Yogurt	Assorted Beverages Assorted Fruits/Yogurt

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