


WEEK 1



Spring/Summer MENU - 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch	Potato soup Spicy Baked BASA Rice & Barley/Kimchi Head Lettace Salad	Beef & Radish Soup Spinach Namul Rice/Kimchi	Egg Drop soup Teriyaki Chicken Noodle Kimchi Romaine Salad	Bean Paste Veg soup BBQ Pork White & Brown Rice/Kimchi Green & Yellow Beans	Miso Soup Bibimbap with Ground Beef Kimchi	Napa Cabbage Soup Spicy Egg Custard Rice & Peas/Kimchi Pan Fried Zucchini	Spinach Soup Ginger Soy Stir Fry Pork Rice/Kimchi Green Beans
Supper	Salisbury Steak With Korean Sauce Rice/Kimchi Pan Fried Carrots & Broccoli	Spicy Stir Fry Pork White & Black Rice/Kimchi Seaweed Salad	BBQ Beef Rice/Kimchi Zucchini Namul	Sticky Honey Chicken Rice/Kimchi Soy Bean Sprout	Cod With Soy Ginger Rice/Kimchi Pan Fried Carrots & Cauliflower	Korean Style Curry With Pork Rice/Kimchi Sesame Broccoli & Cauliflowe	Beef & Tofu Patties Rice/Kimchi Spinach Namul

Audited by Site Registered Dietitian - April,2022

Menu subject to change without notice

Breakfast, desserts and snacks are the same as the general menu.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch	Miso Vegetable Soup Sticky Honey Chicken Pan Fried Zucchini Rice & Barley/Kimchi	Radish Soup Pan Fried Tofu Cucumber Salad White & Black Rice/Kimchi	Korean Style Chicken Soup (Samgyetang) Pan Fried Mixed Veg Rice/Kimchi	Seaweed Soup Beef Bulgogi Green & Yellow Bean White & Brown Rice/Kimchi	Banquet Noodles (Janchi-Guksu) Spring Roll Pickled Radish	Kimchi Soup BBQ Chicken Corn Salad Rice/Kimchi	Egg Drop Soup Spicy Baked Cod Carrots & Broccoli With Oyster Sauce Rice/Kimchi
Supper	Pan Fried Tofu Cauliflower Rice/Kimchi	Steamed Pollock with soy Sauce Sesame Brussel Sprouts Rice/Kimchi	Kimchi & Pork Fried Rice Fried Dumpling Broccoli	Chicken Spicy Stew Warm Radish Salad Rice/Kimchi	Ginger Teriyaki Salmon Seaweed Salad Rice/Kimchi	Braised Pork Belly California Vegetables Rice & Peas/Kimchi	Korean Style Chicken Bean Sprout Rice/Kimchi

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PM/HS = Yogurt & Fruits are always available for snacks

Breakfast: 250 ml of milk and 125 ml of juice are offered daily
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WEEK 3



Spring/Summer MENU - 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch	Spinach Soup BBQ Beef With Veg Green Bean Rice & Barley/Kimchi	Egg Soup BlackBean Sauce With Pork Pickled Radish Noodles	Soy Bean Sprout Soup Bibimbap with Ground Beef Kimchi	Beef & Radish Soup Romain Salad White & Brown Rice/Kimchi	Miso Soup Teriyaki Chicken Pan Fried Zucchini Rice/Kimchi	Clam Meat Seaweed Soup Crab Cakes Bean Paste Carrots & Broccoli Rice & Peas/Kimchi	Chicken Soup Pan Fried Cauliflower Rice/Kimchi
Supper	Korean Style Swwet & Sour Pork Spinach Namul Rice/Kimchi	BBQ Beef Soy Bean Sprout White & Black Rice/Kimchi	Soy Sauce Chicken Bean Paste Broccoli Rice/Kimchi	Spicy BBQ Pork Napa Cabbage namul Kimchi	Pan Fried Fish Seaweed Salad Rice/Kimchi	Beef Chow mein Asian Style Stir fry Vegetables Sring Roll	Pork With Hoisin Sauce Pan Fried Prince Edward Vegetables Rice/Kimchi

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lunch	Vegetable Soup Soy Garlic Chicken Sesame Broccoli Kimchi / Rice & Barley	Potato & Radish Soup Teriyaki Cod Cucumber Salad Kimchi / White & Black Rice	Seaweed Soup Braised Tofu Soy Bean Sprout Kimchi / Rice	SoyBean Paste Soup Spicy Stir Fried Fishcakes Seaweed Salad Kimchi / White & Brown Rice	Napa Cabbage Soup Tuna Kimchi Pancake Bean Paste Broccoli Kimchi	Beef & Seaweed Soup Sesame Brussels Sprouts Kimchi / Rice	Radish Soup Spicy Egg Custard Green Bean Kimchi / Rice
Supper	Stir Fry Sausage Pan Fried Mediterranean Kimchi / Rice	Chicken & Kimchi Fried Rice Grean Bean Spring Roll	Beef Bulgogi with veg Sunrise Vegetables Kimchi / Rice	Teryiaki Chicken Spinach Namul Kimchi / Rice	Sticky Honey Pork Sesame Broccoli & Cauliflower Kimchi / Rice	Korean Sweet and Sour Chicken Sesame Carrots & Green Bean Kimchi / Rice & Peas	Oven Roasted Pork Belly Seaweed Salad Kimchi / Rice

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