

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast:						
½ banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast	½ banana Hot Cereal & cold cereal Poached egg Whole wheat toast	½ banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast	½ banana Hot Cereal & cold cereal Poached egg Whole wheat toast	½ banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast	½ banana Hot Cereal & cold cereal Poached egg Whole wheat toast	½ banana Hot Cereal & cold cereal Pancakes & Syrup w/turkey sausage
Lunch:						
Korean potato soup Oyster beef stir fry Rice Zucchini Numal Kimchi Sliced bread OR REGULAR MENU <i>FRESH FRUIT</i>	Cream of mushroom soup Egg salad sandwich Tossed salad Or Tuna salad sandwich Diced peaches	Spinach soup Braised tofu stew Spicy cucumber salad Kimchi WW roll Or Regular menu Vanilla ice cream	Chicken noodle soup Kimchi stew Egg fried rice Sesame broccoli Sliced bread Or Regular menu Diced pears	Napa cabbage soup Teriyaki beef Brown rice Kimchi Sliced bread Or Regular menu Apple sauce	Chef special Or Regular menu Vanilla pudding	Egg soup Honey garlic pork Vegetable stir fry Steamed rice Kimchi Sliced bread Or Salmon sandwich mandarins
Supper:						
Spicy marinated pork Rice w/barley Squash salad Kimchi Dinner roll Or Regular menu Date square	Korean Bbq chicken rice w/beans spinach Numal kimchi sliced bread or regular menu chocolate cake	Steamed egg custard Rice Kimchi Sliced bread Or Regular menu Strawberry rhubarb crisp	Chefs choice Must be fish	Korean spicy spinach With Pollock Rice with barley Kimchi green beans Kimchi Sliced bread Or Regular menu Fresh berries w/ yogurt	Hoisin sauce chicken Rice / peas & carrots Soy sprout Namul Dinner roll Kimchi Or Regular menu Coconut cream pie	Pacific snapper Spicy radish salad Mushroom rice with barley Kimchi Sliced bread Or Roasted chicken Lemon square

Please note: Choice of Hot & Cold Cereals served every Breakfast; Coffee, Tea, Milk, juice and Water served every meal. Yogurt and fruit available at all meals

Afternoon snack: assorted fresh fruit, home baked goodies, juice, milk, coffee, tea, water

Evening snack: assorted fruit /sandwiches, water, juice or milk