

SPRING & SUMMER 2023 (KOREAN MENU) - WEEK 1



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

Breakfast, desserts and snacks to follow the Western Menus

Menu subject to change without notice

Audited by New Vista Clinical Dietitian Apr 2023

FINAL VERSION

Meal Service Hours	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM



맛있게 드세요!
Enjoy your meal!



SPRING & SUMMER 2023 (KOREAN MENU) - WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Miso Vegetable Soup Tuna Pancake 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 Sausage Green & Yellow Bean White & Brown Rice Kimchi	Banquet Noodles (Janchi-Guksu) Spring Roll Pickled Radish	Chicken Porridge Vegetable Pancake Kimchi	Egg Drop Soup Spicy Baked Cod Carrots & Broccoli w Oyster Sauce Rice Kimchi
DINNER	Sticky Honey Chicken Cauliflower Rice Kimchi	Steamed Pollock with soy Sauce Sesame Brussel Sprouts & Veggie Pancake Rice Kimchi	Kimchi & Ham Fried Rice Fried Dumpling Broccoli	Korean BBQ Beef Zucchini Rice Kimchi	Ginger Teriyaki Salmon Seaweed Salad Rice Kimchi	Braised Pork Belly California Vegetables Rice & Peas Kimchi	Korean Style Chicken Bean Sprout Rice Kimchi

Breakfast, desserts and snacks to follow the Western Menus

Menu subject to change without notice

Audited by New Vista Clinical Dietitian Apr 2023

FINAL VERSION

Meal Service Hours	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM



SPRING & SUMMER 2023 (KOREAN MENU) - WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Spinach Soup BBQ Beef With Veg Green Bean Rice & Barley Kimchi	Egg Soup Black Bean Sauce With Pork & Vegetables Pickled Radish Rice	Soy Bean Sprout Soup Veggie Bibimbap with Ground Beef With Soya Sauce	Vegetable Soup Pan Fried Tofu Green Beans White & Brown Rice Kimchi	Miso Soup Teriyaki Chicken Pan Fried Zucchini Rice Kimchi	Clam Meat Seaweed Soup Egg Custard Bean Paste Carrots & Broccoli Rice Kimchi	Chicken Soup Pan Fried Cauliflower White & Brown Rice Kimchi
DINNER	Egg Roll Spinach Namul Rice Kimchi	Stir Fried Fish Cake Soy Bean Sprout White & Black Rice Kimchi	Soy Sauce Chicken Bean Paste Broccoli Rice Kimchi	Pork Patties Napa Cabbage Namul Rice Kimchi	Fish Katsu (Fish Cutlet) Seaweed Salad Rice Kimchi	Crab Cake Asian Style Stir Fry Vegetables Rice & Peas Kimchi	Pork With Hoisin Sauce Pan Fried Prince Edward Vegetables Rice Kimchi

Breakfast, desserts and snacks to follow the Western Menus

Menu subject to change without notice

To Be Audited by New Vista Clinical Dietitian Apr 2023

FINAL VERSION

Meal Service Hours

Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

맛있게 드세요!
Enjoy your meal!



SPRING & SUMMER 2023 (KOREAN MENU) - WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH	Vegetable Soup Soy Garlic Chicken Sesame Broccoli Rice & Barley Kimchi	Potato & Radish Soup Teriyaki Cod Cucumber Salad White & Black Rice Kimchi	Seaweed Soup Braised Tofu Soy Bean Sprout Rice Kimchi	SoyBean Paste Soup Spicy Stir Fried Fishcakes Spinach White & Brown Rice Kimchi	Tomato & Barley Soup Korean Style Egg Toast Romaine Salad	Beef & Seaweed Soup Soy Bean Sprouts Rice Kimchi	Radish Soup Spicy Egg Custard Green Bean Rice Kimchi
DINNER	Stir Fry Sausage Pan Fried Meditarrean Rice Kimchi	Egg & Kimchi Fried Rice Green Beans Rice Vegetable Spring Roll	Korean Styled Beef w Teriyaki Sauce California Mixed Vegetables Black & White Rice Kimchi	Soy Garlic Chicken Broccoli Rice Kimchi	Mapa Tofu Sesame Broccoli & Cauliflower Rice Kimchi	Korean Sweet & Sour Chicken Sesame Carrots & Green Beans Rice & Peas Kimchi	Oven Roasted Pork Belly Seaweed Salad Rice Kimchi

Breakfast, desserts and snacks to follow the Western Menus

Menu subject to change without notice

Audited by New Vista Clinical Dietitian Apr 2023

FINAL VERSION

Meal Service Hours	
Breakfast	8:15 AM
Lunch	12:15 PM
Dinner	5:00 PM

