



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | Friday | SATURDAY | SUNDAY |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Breakfast: | | | | | | |
| banana Hot Cereal & cold cereal Poached egg Whole wheat toast | banana Hot Cereal & cold cereal Scrambled eggs Whole wheat toast | banana Hot Cereal & cold cereal Boiled eggs Assorted Muffin | banana Hot Cereal & cold cereal Scrambled eggs Whole wheat toast | banana Hot Cereal & cold cereal Poached eggs Raisin Toast | banana Hot Cereal & cold cereal Scrambled eggs Whole wheat toast | banana Hot Cereal & cold cereal Pancakes & Syrup Bacon |
| Lunch: | | | | | | |
| Radish Soup Salisbury Steak w/ Korean Sauce Rice w/ peas Kimchi | Beef & Radish Soup Seaweed Salad Brown & White Rice Kimchi | Veg soybean Paste Soup Pan Fried Pollock Bean Paste Steamed Rice Kimchi | Napa Cabbage Soup Soy Glaze Pork Stir Fry Zucchini Steamed Rice Kimchi | Seaweed Soup Fish Cake Ginger Garlic Sauce Spicy Cucumber Salad Sticky White Rice Kimchi | Radish Potato Soup Korean Curry with Pork Stir Fry Broccoli Steamed Rice Kimchi | Spicy Chicken Soup Steamed Cauliflower Barley & White Rice Kimchi |
| Supper: | | | | | | |
| Crab Cake Asian stir fry Vegetables Steamed Rice Kimchi | Korean BBQ Chicken Seaweed Salad Brown & White Rice Kimchi | Soya Tofu Green Beans Steamed Rice Kimchi | Korean beef California Mix Veg Steamed Rice Kimchi | Spicy Chicken Stew Prince Edward Vegetable White & brown Rice Kimchi | Egg Roll Soybean Paste Cauliflower Rice kimchi | Pan Fried Fish Pan Fried Mix Veg Steamed Rice Kimchi |

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

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| Banana Hot Cereal & cold cereal Poached egg Whole wheat toast | Banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast | Banana Hot Cereal & cold cereal Boiled egg Apple Danish | Banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast | Banana Hot Cereal & cold cereal Poached egg Raisin Toast | Banana Hot Cereal & cold cereal Scrambled egg Whole wheat toast | Banana Hot Cereal & cold cereal French Toast & Syrup w/turkey sausages |
| Lunch: | | | | | | |
| Egg Soup Pan Fried Cod Stir fry Spinach. Steamed Rice Kimchi | Kimchi Soup Braised Tofu Roasted Egg Plant Steamed Rice Kimchi | Beef & Seaweed Soup Bean Sprout Steamed Rice Kimchi | Soybean Sprout Soup Stir fry Fish Cake Spinach Steamed Rice Kimchi | Spicy Chicken Soup Steamed Broccoli & Cauliflower Steamed Rice Kimchi | Miso Soup Teriyaki Cod Asian Stir Fry Veg Steamed Rice Kimchi | Soybean Soup Stir fry beef. Pan Fried Zucchini Steamed Rice Kimchi |
| Supper: | | | | | | |
| Pork Patties Napa Cabbage White Rice & Peas Kimchi | Sticky Honey Chicken Prince Edward Veg Rice Kimchi | Braised Pork Belly Radish Salad Black & White Rice Kimchi | Egg custard California Vegetables Steamed Rice Kimchi | Mapo Tofu Sesame Italian Veg Rice Kimchi | Spicy chicken Stew Radish Steamed Rice Kimchi | Egg Roll Stir Fry Carrots & Broccoli Steamed Rice Kimchi |

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| Lunch: | | | | | | |
| Veg Soup Stir Fried Sausage Sesame Broccoli Rice & Peas Kimchi | Miso Soup Pan Fried Pollock Romain Salad Steamed Rice Kimchi | Spicy Beef & Radish Soup Steamed Broccoli Steamed Rice Kimchi | Seaweed Soup Pan Fried Tofu Oriental Mixed Veg White & Brown Rice Kimchi | Chicken Congee Dumpling Kimchi | Banquet Noodle Spring Roll Pickled Radish Kimchi | Seaweed Soup Stir fry Tofu California Veg Barley & White Rice Kimchi |
| Supper: | | | | | | |
| BBQ Chicken Stir Fry Egg Plant Rice Kimchi | Ham & kimchi Fried Rice Sesame Broccoli Steamed Dumpling Kimchi | Korean BBQ Chicken Soybean Sprout White & Black Rice Kimchi | Braised Beef Carrots & Cauliflower Steamed Rice Kimchi | Salmon with Soy Ginger Zucchini Pancake Steamed Rice Kimchi | Fish Cakes Broccoli w/ Tofu Steamed Rice Kimchi | Roasted pork Belly Radish Salad Steamed Rice Kimchi |

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| Lunch: | | | | | | |
| Potato Soup Pan Fried Cod Spinach Namul White Rice & Peas Kimchi | Chicken Soup Carrots & Broccoli Steamed Rice Kimchi | Kimchi & Soybean Soup Pan Fried Basa Green, Yellow Beans W/ Oyster Sauce Steamed Rice Kimchi | Beef & Veg Congee Dumpling Spring Roll Kimchi | Soybean Soup Baked Salmon w/ soy Garlic Sauce Spinach Namul White & brown Rice Kimchi | Egg Drop Soup Pork w/ Black Bean Sauce Pickled Radish Steamed Rice kimchi | Radish soup Veg Fried Rice Stir Fry broccoli Steamed Rice Kimchi |
| Supper: | | | | | | |
| Spicy Stir Fry pork Green Beans Steamed Rice Kimchi | BBQ Beef patties Bean Paste Napa Cabbage Rice Kimchi | Spicy Egg Custard Sesame Broccoli Steamed white Rice Kimchi | Egg Roll Egg Plant Steamed Rice kimchi | Pan Fried Tofu Oriental Mixed Veg Steamed Rice kimchi | Beef & Veg Stew Steamed Broccoli Steamed Rice Kimchi | Egg Roll Green Beans W/ Soy Sauce Barley & White Rice Kimchi |

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