

한식

① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ Bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

⑪ Peach 02/11 Mon 02/12 Tue 02/13 Wed 02/14 Thu 02/15 Fri

Menu	산채비빔밥 (Rice: Korea/ 쌀:국내산) 두부새우젓 너비아니구 (Pork: Korea / 돼지: 국내산) (Bef New Zealand / 소: 뉴질랜드) 단호박꿀찜 모듬장아찌무침 배추김치	닭곰탕 (Chicken Korea / 닭: 국내산) 쌀밥 (Rice: Korea/ 쌀:국내산) 후랑크북 (Pork: Korea / 돼지: 국내산) (Chicken Korea / 닭: 국내산) 두부조림 (Bean: Imported / 콩: 외국) 무생채 열무김치	탕수육 (Pork: Korea / 돼지: 국내산) 보리밥 (Rice: Korea/ 쌀:국내산) 김치찌 (Pork: Korea / 돼지: 국내산) (Bean: Imported / 콩: 외국) 계란찜 부추겉절이 팍두기	Favorite Menu Day (Most preferred) 설렁탕 (Bef New Zealand / 소: 뉴질랜드) 쌀밥 (Rice: Korea/ 쌀:국내산) 김치전 메추리알근약조림 돌나물&초장 팍두기	춘천닭갈비 & 무생채 (Chicken Korea / 닭: 국내산) 흑미밥 (Rice: Korea/ 쌀:국내산) 미역국 감자간장조림 콩나물무침 포기김치
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02/18 Mon 02/19 Tue 02/20 Wed 02/21 Thu 02/22 Fri

Menu	팔보채 (Octopus Chile / 오징어: 칠레) 기장밥 (Rice: Korea/ 쌀:국내산) 어묵국 청포묵김가루무침 콩나물무침 배추김치	뼈없는삼치구 오곡밥 (Rice: Korea/ 쌀:국내산) 된장찌 (Bean: Imported / 콩: 외국) 잡채 (Pork: Korea / 돼지: 국내산) 삼색나물 배추김치	푹배기만두순두부찌개 (Bean: Imported / 콩: 외국) (Pork: Korea / 돼지: 국내산) 기장밥 (Rice: Korea/ 쌀:국내산) 해물파전 (Octopus Chile / 오징어: 칠레) 모듬버섯볶음 숙주나물무침 팍두기	Favorite Menu Day (Most preferred) 잔치국 쌀밥 (Rice: Korea/ 쌀:국내산) 생선까스 & 타르 (Polak Russia 명태:러시아) 연근우엉조림 오이생채 배추김치	소고기콩나물밥 (Bef New Zealand / 소: 뉴질랜드) (Rice: Korea/ 쌀:국내산) 남도떡갈 (Pork: Korea / 돼지: 국내산) (Bef New Zealand / 소: 뉴질랜드) 시금치된장 쫄면채소무 치커리사과생채 배추김치
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배추김치 일괄 표시: Cabbage: Korea, Red Chili Powder: Korea/ 배추: 국내산, 고춧가루: 국내산

ES학생들은 별도로 맵지 않은 음식이 준비되어 있습니다.

Korean

① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ bean ⑥ Wh ⑦ Sh ⑧ Crab ⑨ Shri ⑩ Pork

	02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri
Menu	Bibimbap (Rice Korea/ 쌀:국내산)	Chicken gontang (Chicken Korea / 닭: 국내산)	Sweet & sour pork (Pork Korea / 돼지: 국내산)	Favorite Menu Day (Most preferred)	Chuncheon Chicken garbi & Pickled radish (Chicken Korea / 닭: 국내산)
	Tofu soup w/ salted shrimp	Rice (Rice Korea/ 쌀:국내산)	Multi grain rice (Rice Korea/ 쌀:국내산)	Seolleongtang (Ref New Zealand / 소: 뉴질랜드)	Multi grain rice (Rice Korea/ 쌀:국내산)
	Grilled meat slices (Pork Korea / 돼지: 국내산)	Stirfried sausage (Pork Korea / 돼지: 국내산)	Kimchi jjigae (Pork Korea / 돼지: 국내산)	Rice (Rice Korea/ 쌀:국내산)	Seaweed soup
	Steamed honey sweet pumpkin	Braised tofu (Bean Imported / 콩:외국)	Seasoned chives	Kimchi jeon	Braised potato & soy sauce
	Assorted pickled vegetables	Seasoned radish	Radish kimchi	Braised quail eggs	Seasoned bean sprouts
Kimchi	Young radish kimchi		Seasoned vegetables & red chili	Kimchi	
			Radish kimchi		

	02/18 Mon	02/19 Tue	02/20 Wed	02/21 Thu	02/22 Fri
Menu	Stir-fried seafood & vegetables (Octopus Chile / 오징어: 칠레)	No bones grilled mackerel	Dumpling & soft tofu jjigae (Bean Imported / 콩:외국)	Favorite Menu Day (Most preferred)	Beef & bean sprout topped rice (Ref New Zealand / 소: 뉴질랜드)
	Multi grain rice (Rice Korea/ 쌀:국내산)	Multi grain rice (Rice Korea/ 쌀:국내산)	(Pork Korea / 돼지: 국내산)	Korean noodles	(Rice Korea/ 쌀:국내산)
	Fish cake soup	Bean paste jjigae (Bean Imported / 콩:외국)	Multi grain rice (Rice Korea/ 쌀:국내산)	Rice (Rice Korea/ 쌀:국내산)	Namdo style tteokgarbi (Pork Korea / 돼지: 국내산)
	Seasoned mung fish & jelly & chopped seaweed flake	Japchae (Pork Korea / 돼지: 국내산)	Seafood green onion pan (Octopus Chile / 오징어: 칠레)	Fish cutlet & tartar sauce (Poland Russia / 명태:러시아)	(Ref New Zealand / 소: 뉴질랜드)
	Seasoned bean sprouts	Seasoned bean sprouts	Braised assorted mushroom	Braised lotus root & burdock	Spinach bean soup
Kimchi	Kimchi	Seasoned bean sprouts	Cucumber salad	Spicy cold noodles w/ vegetables	
		Young radish kimchi	Kimchi	Chicory & apple salad	
				Kimchi	

Kimchi Label requirement: Cabbage Korea, Red Chili Powder: Korea/ 배추: 국내산, 고춧가루: 국내산

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Western

- ① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ Bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

	02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri	
Menu	Pork cutlet (Pork Korea / 돼지: 국내산) Rice (Rice: Korea/ 쌀: 국내산) Broccoli soup Roasted eggplant Homemade pickles	Barbeque chicken (Chicken Korea / 닭: 국내산) Rice (Rice: Korea/ 쌀: 국내산) Clear vegetable soup Grilled vegetables & cheese Baked beans	Beef stroganoff (Beef New Zealand / 소: 뉴질랜드) Rice (Rice: Korea/ 쌀: 국내산) Croton soup Roasted zucchini pumpkin Corn salad	Favorite Menu Day (Most preferred) Vietnamese rice noodles (Beef New Zealand / 소: 뉴질랜드) Rice (Rice: Korea/ 쌀: 국내산) Chinese spring rolls Stir-fried young corn & vegetables Cucumber tomato salad	Fish cutlet & tartar sauce (Pork Russia / 명태: 러시아) Fried rice w/vegetables Miso soup Ratatouille Homemade pickles	
	Menu	Cheese topped hamburger steak (Pork Korea, Beef Korea, Australia / 돼지: 국산, 소: 국산, 호주산) Rice (Rice: Korea/ 쌀: 국내산) Mushroom cream soup Broccoli Homemade pickles	Chicken masala curry & nan Udon soup Onion rings Bean sprouts & bacon (Pork: Imported / 돼지: 외국산) Hawaiian salad	Tantan noodles (Pork Korea / 돼지: 국내산) Rice (Rice: Korea/ 쌀: 국내산) Vegetable cream soup Cauliflower & paprika Cole slaw	Favorite Menu Day (Most preferred) Garlic oyster sauce chicken (Chicken Korea / 닭: 국내산) Rice (Rice: Korea/ 쌀: 국내산) Miso soup Broccoli & cauliflower Homemade pickles	(N)Okra shrimp gunbo Rice (Rice: Korea/ 쌀: 국내산) Broccoli soup Grilled vegetables Homemade pickles

Knith Label requirement: Cabbage: Korea, Red Chili Powder: Korea/ 배추: 국내산, 고춧가루: 국내산

 Mild flavor foods are prepared separately for ES students.

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Burger & Pasta

① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

	02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri
Menu	Lasagna (Pork: Korea, Beef: Korea, Australia / 돼지: 국산, 소: 국산, 호주산) Palmy pie Roasted eggplant Homemade pickles	Carbonara (Pork: Korea / 돼지: 국내산) Garlic bread Grilled vegetables & cheese Baked beans	Pulled pork burger (Pork: Korea / 돼지: 국내산) French fried & ketchup Roasted zucchini pumpkin Corn salad	Favorite Menu Day (Most preferred) Vietnamese rice noodles (Beef: New Zealand / 소: 뉴질랜드) Rice (Rice: Korea / 쌀: 국내산) Chinese spring rolls Stir-fried young corn & vegetables Cucumber tomato salad	Meatball spaghetti (Pork: Korea / 돼지: 국산) Butter roll Ratatouille Homemade pickles

	02/18 Mon	02/19 Tue	02/20 Wed	02/21 Thu	02/22 Fri
Menu	Gambas aglio e olio Garlic bread Broccoli Homemade pickles	Bacon & egg burger (Pork: Imported / 돼지: 의 국산) French fried & ketchup Bean sprouts & bacon (Pork: Imported / 돼지: 의 국산) Hawaiian salad	Shanghai pasta (Octopus Chile / 오징어: 칠레) Flower bun Cauliflower & paprika Cole slaw	Favorite Menu Day (Most preferred) Garlic oyster sauce chicken (Chicken: Korea / 닭: 국내산) Rice (Rice: Korea / 쌀: 국내산) Miso soup Broccoli & cauliflower Homemade pickles	Miso & cheese (Pork: Korea / 돼지: 국산) Cinnamon bread Grilled vegetables Homemade pickles

Kimchi Label requirement : Cabbage: Korea, Red Chili Powder: Korea / 배추: 국내산, 고춧가루: 국내산

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Vegetarian

① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ Bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri
Vege lasagna Palmy pie Roasted eggplant Homemade pickles	Vege barbeque sauce soy meat & broccoli (Bari Imported / 콩:외국) Cream&Mushroom soup Grilled vegetables Baked beans	Tofu mushroom stroganoff Rice (Bari Imported / 콩:외국) (Rice: Korea/ 쌀:국내산) Crouton soup Roasted zucchini pumpkin Corn salad	Favorite Menu Day (Most preferred) Rosemary sujebi dill stew Rice (Rice: Korea/ 쌀:국내산) Chinese spring rolls Stir-fried young corn & vegetables Cucumber tomato salad	Kidney bean ball spaghetti Fried rice w/vegetables (Rice: Korea/ 쌀:국내산) Miso soup Ratatouille Homemade pickles

Menu

02/18 Mon	02/19 Tue	02/20 Wed	02/21 Thu	02/22 Fri
Chickpea aglio e olio (Chickpea / 이집트콩: 이태리) Garlic bread Broccoli Homemade pickles	Tofu masala curry & nan (Bari Imported / 콩:외국) Udon soup Onion rings Bean sprouts Hawaiian salad	Soy bulgogi shanghai pasta Flower bun Cauliflower & paprika Cole slaw	Favorite Menu Day (Most preferred) Tofu cutlet & pesto cauliflower pasta (Bari Imported / 콩:외국) Butter roll Broccoli & cauliflower Homemade pickles	Chickpea okra gunbo (Chickpea / 이집트콩: 이태리) Rice (Rice: Korea/ 쌀:국내산) Broccoli soup Grilled vegetables Homemade pickles

Menu

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Halal

- ① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ Bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri
Vege lasagna Palmy pie Roasted eggplant Homemade pickles	Barbeque chicken (Chicken Bazel / 닭: 브라질) Rice (Rice Pakistan / 쌀파키스탄) Clear vegetable soup Grilled vegetables & cheese Baked beans	Chicken stroganoff (Chicken Bazel / 닭: 브라질) Rice (Rice Pakistan / 쌀파키스탄) Croton soup Roasted zucchini pumpkin Corn salad	Favorite Menu Day (Most preferred) Lamb over rice (Lamb Arab / 양: 호주) (Rice Pakistan / 쌀파키스탄) Chinese spring rolls Stirfried young corn & vegetables Cucumber tomato salad	Fish cutlet & tartar sauce (Polak Russia / 명태: 러시아) Fried rice w/vegetables Miso soup Ratatouille Homemade pickles

Menu

02/18 Mon	02/19 Tue	02/20 Wed	02/21 Thu	02/22 Fri
Gambas aglio e olio Garlic bread Broccoli Homemade pickles	Chicken masala curry & nan (Chicken Bazel / 닭: 브라질) Udon soup Onion rings Bean sprouts Hawaiian salad	Chicken shanghai pasta (Octopus Chile / 오징어: 칠레) (Chicken Bazel / 닭: 브라질) Flower bun Cauliflower & paprika Cole slaw	Favorite Menu Day (Most preferred) Garlic oyster sauce chicken (Chicken Bazel / 닭: 브라질) Rice (Rice Pakistan / 쌀파키스탄) Miso soup Broccoli & cauliflower Homemade pickles	Mac & cheese Cinnamon bread Grilled vegetables Homemade pickles

Menu

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Plus Corner

① Egg ② Milk ③ Buckwheat ④ Peanut ⑤ Bean ⑥ Wheat ⑦ Fish ⑧ Crab ⑨ Shrimp ⑩ Pork

	02/11 Mon	02/12 Tue	02/13 Wed	02/14 Thu	02/15 Fri
MS, HS	<p><Salad bar> Sweet Pumpkin Salad, Lettuce, Fruits, 2kinds of dressing 3 kinds of milk</p>	<p><Salad bar> Lettuce, Pasta salad, Fruits, 2kinds of dressing 3 kinds of milk</p>	<p><DIY Sandwich bar> Milk bread, Rye bread, Korea Chikeri Korea / 돼지 국산, 닭: 국산) Tomatoes, Cucumber pickles, Cheese, Lettuce, Ketchup, Mustard, strawberry jam, Butter, 3 kinds of milk</p>	<p><Homemade Yogurt Bar> Homemade Yogurt Fruits Cocktail, Corn flakes, Raisin 3 kinds of milk</p>	<p><Salad bar> Lettuce, Sugar glazed corn balls Fruits, 2kinds of dressing Pomegranate tea Milk</p>
ES	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>
	02/18 Mon	02/19 Tue	02/20 Wed	02/21 Thu	02/22 Fri
MS, HS	<p><Salad bar> Blue berry sweet potato salad, Lettuce, Fruits, 2kinds of dressing 3 kinds of milk</p>	<p><Salad bar> Lettuce, Peanut, Fruits, 2kinds of dressing 3 kinds of milk</p>	<p><DIY Sandwich bar> Milk bread, Rye bread, Ham(Pork Korea, Chikeri Korea / 돼지: 국산, 닭: 국산) Tomatoes, Cucumber pickles, Cheese, Lettuce, Ketchup, Mustard, strawberry jam, Butter, 3 kinds of milk</p>	<p><Homemade Yogurt Bar> Homemade Yogurt Fruits Cocktail, Corn flakes, Raisin 3 kinds of milk</p>	<p><Salad bar> Lettuce, Yellow peach salad, Fruits, 2kinds of dressing Persimmon punch Milk</p>
ES	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>	<p><Salad /Fruits > Green Salad Seasonal Fruits Milk Yogurt</p>

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