

# Gyeonggi Suwon International School Menu

## <September>

	Mon(8.28)	Tue(8.29)	Wed(8.30)	Thu(8.31)	Fri(9.1)
Korean Menu	Steamed Pork (d,e,h) Multigrain Rice Bean Paste Soup(d,e) Stewed Lotus Root (d,e) Kimchi(g) White Kimchi	Rice w/ Beef Bulgogi(d,e,m) Pepper Paste Soup w/Pumpkin (d,e) Sweet Potato Roll(d) Stir Fried dried filefish fillet(d) Kimchi(g) White Kimchi	Stir Fried Chicken(d,e,l) Multigrain Rice Bean Sprouts & Kimchi Soup(d,e) Stir Fried Fish Curd(d) (ES-Fried Dumpling (d,e,h)) Kimchi(g) White Kimchi	Stir Fried Pork w/ Soy Bean(d,e) (h) Multigrain Rice Beef & Leaves Soup(d,e,m) Jelly Saal(d) Kimchi(g) White Kimchi	Stir Fried Squid(d,e,n) Chicken Soup(l) Multigrain Rice Hard-Boiled Tofu(d,e) Kimchi(g) White Kimchi
International Menu	Oyakkodong(d,e,l) Spring Roll(d,e) Vinagrete(d,j) Bean Paste Soup(d,e) Fruit	Sausage Tortilla(d,e,h,j,l) Fried Potato(d) Mexican Corn(d,e) Grilled Eggplant Salad(d) Fruit	Penne Pasta(d,e,j,h) Pie(a,b,d,e) Beans Sprout & Bacon(d,h) Garden Salad Fruit	Japanese Curry(d,e,h) Steamed Rice Cauliflower & Beans Tomato Salad(j) Chicken Noodle Soup(l) Fruit	Grilled pork(d,e,h) Steamed Rice Ratatouille(d,e,j) Vitamin Grapefruit Salad Cream Onion Soup(b,d,e,l) Fruit
	Mon(9.4)	Tue(9.5)	Wed(9.6)	Thu(9.7)	Fri(9.8)
Korean Menu	Stir Fried Pork(d,e,h) Multigrain Rice Seaweed Soup Sweet Potato & Apple Salad(b) (ES -Boiled Dumpling(d,e,h)) Kimchi(g) White Kimchi	Stir Fried Duck & Sausage(d,e) (h,l) Multigrain Rice Bean Paste Soup(d,e) Stir Fried Potato(d) Kimchi(g) White Kimchi	Grilled Fish(d,e,f) Multigrain Rice Kimchi Soup(g) Stir Fried Green laver(d) (ES -Stir Fried Sausage(d,e,h,l)) Kimchi(g) White Kimchi	Broiled Rice cake w/ Soy bean(d,e,m,s) Stir Fried Rice w/shrimp(d,e,g) Clear Soup Steamed Pumpkin w/Honey(d) Kimchi(g) White Kimchi	Tuna Mayo Rice(b,d,e) Bean Paste Soup Mushroom Jab-Chai(d,s) Seasoned Green Kimchi(g) White Kimchi
International Menu	Chicken Stew(d,e,j,l) Steamed Rice Broccoli & Paprika(d) Dutch Salad(d,h) Cream Oatmeal Soup(b,d,e) (l) Fruit	Woolly bully beef roast(d,e,m) Steamed Rice Honey Carrot(d) Chick Peas Salad(d,j) Clear Vegetable Soup(l) Fruit	Yakisoba(d,e,h,n) Takoyaki(d,e) Thailand Vegetable Stir(d) Yogurt Fruit Salad Fruit	Fried Chicken w/Hot Pepper Sauce(d,e,l) Steamed Rice Brussels Sprouts(d) Coban Salad(j) Cream Corn Soup(b,d,e,l) Fruit	Pork Chop Suey(d,e,h) Steamed Rice Stir Fried Asparagus(d) Lentil Salad(d,j) Cream Sweet Potato Soup(b,d,e,l) Fruit

<Food Allergy Notice> (a)Egg (b) Milk (c)Peanut (d)Soybean (e)Wheat (f)Mackerel (g)Shrimp (h)Pork (l)Peach (j)Tomato (k)Walnut (l)Chicken (m)Beef (n)Squid (o)Shellfish (p)Buckwheat (q)Sulfite (r)Crab (s)Mushroom

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# Gyeonggi Suwon International School Menu

## <September>

	Mon(9.11)	Tue(9.12)	Wed(9.13)	Thu(9.14)	Fri(9.15)
Korean Menu	Stir Fried Squid <sup>d n</sup> Multigrain Rice Bean Paste Soup <sup>d e</sup> Seasoned Sesame Leaf <sup>d</sup> (ES-Spring Roll <sup>d e</sup> ) Kimchi <sup>g</sup> White Kimchi	Steamed Dumpling <sup>d e h</sup> Mapa To-Fu w/ Rice <sup>d e</sup> Clear Soup Stir Fried Anchovy <sup>d</sup> Kimchi <sup>g</sup> White Kimchi	Hard boiled Pork <sup>d e h</sup> Steamed Rice Kimchi Soup <sup>g</sup> Mung Bean Sprouts <sup>d</sup> Kimchi <sup>g</sup> White Kimchi	Stir Fried Pork w/ Bean Sprout <sup>d e h</sup> Steamed Rice Squid Radish Soup <sup>d e n</sup> Seasoned Greens Kimchi <sup>g</sup> White Kimchi	Grilled Fish <sup>d e</sup> Multigrain Rice Beef Soup <sup>d e m</sup> Seasoned Salad Kimchi <sup>g</sup> White Kimchi
International Menu	Butadon <sup>d e h</sup> Steamed Rice Beans & Garlic <sup>d</sup> Hawaiian Salad <sup>b</sup> Bean Paste Soup <sup>d e</sup> Fruit	Leek Pork Chops <sup>d e h</sup> Steamed Rice Chinese Vegetable Stir <sup>d</sup> Greek Salad <sup>h j</sup> Cream Vegetable Soup <sup>b d e</sup> <sup>l</sup> Fruit	Meat Sauce Spaghetti <sup>d e h</sup> <sup>j m</sup> Rusk <sup>b d e</sup> Mushroom & Onion <sup>d s</sup> Caesar Salad <sup>d h</sup> Fruit	Beef Fajita <sup>b d e m j</sup> Fried Potato <sup>d</sup> Braised Bacon Cabbage <sup>d h</sup> Spinach Salad <sup>d</sup> Cream Sweet Potato Soup <sup>b d</sup> <sup>e l</sup> Fruit	Mozzarella Chicken <sup>d j l</sup> Steamed Rice Grilled Vegetable <sup>d</sup> Cabbage & Apple Salad <sup>b</sup> Cream Onion Soup <sup>b d e l</sup> Fruit
	Mon(9.18)	Tue(9.19)	Wed(9.20)	Thu(9.21)	Fri(9.22)
Korean Menu	Stir Fried Chicken <sup>d e l</sup> Multigrain Rice Soft To-fu Kim-chi Soup <sup>d g</sup> Stir Fried eggplant & onion <sup>d</sup> Kimchi <sup>g</sup> White Kimchi	Stir Fried Rice w/ Spam <sup>d e h</sup> Bean Paste Soup <sup>d e</sup> Fried Potato <sup>d</sup> Seasoned Jelly & Vegetable <sup>d</sup> Kimchi <sup>g</sup> White Kimchi	Stir Fried Chicken <sup>d e l</sup> Steamed Rice Beef Radish Soup <sup>d e</sup> Acorn Jelly Salad <sup>d e</sup> (ES-Boiled Dumpling <sup>d e h</sup> ) Kimchi <sup>g</sup> White Kimchi	Oven Grilled Corn Cheese <sup>b d</sup> <sup>e</sup> Stir Fried Rice /w Kimchi <sup>g</sup> Clear Soup Stir Fried Fish curd <sup>d e</sup> Kimchi <sup>g</sup> White Kimchi	Stir Fried Rice <sup>d e</sup> Bean Paste Soup <sup>d e</sup> Stir Fried Rice Cake <sup>d e</sup> Pop Mandu <sup>d e h</sup> Cheese Hot dog <sup>d e h l</sup> Ice Yogurt <sup>b</sup> Kimchi <sup>g</sup> White Kimchi
International Menu	Pork Goulash <sup>d e h j</sup> Steamed Rice Hot Salad <sup>d</sup> Sweet olive Salad Chicken Noodle Soup <sup>d e l</sup> Fruit	Chicken Tangri Kebab <sup>d e l</sup> Steamed Rice Peas & Carrot <sup>d</sup> Grilled Eggplant Salad <sup>d</sup> Cream Broccoli Soup <sup>b d e l</sup> Fruit	Stir Fried Noodle w/ Seafood <sup>d e n g</sup> Garlic Bread <sup>a b d e</sup> Bok Choy & Baby Corn <sup>d</sup> Japanese Salad <sup>d e</sup> Fruit	Fried Pork w/Hot Sauce <sup>d e h</sup> Steamed Rice Sweet Sour Vegetable <sup>d</sup> Green Salad Cream Potato Soup <sup>b d e l</sup> Fruit	Kheema & Nacho <sup>d e j h m</sup> Steamed Rice Butter Corn <sup>b</sup> Vitamin Grapefruit Salad Bean Paste Soup <sup>d e</sup> Fruit

<Food Allergy Notice> <sup>a</sup>Egg <sup>b</sup>Milk <sup>c</sup>Peanut <sup>d</sup>Soybean <sup>e</sup>Wheat <sup>f</sup>Mackerel <sup>g</sup>Shrimp <sup>h</sup>Pork <sup>l</sup>Peach <sup>j</sup>Tomato <sup>k</sup>Walnut <sup>l</sup>Chicken <sup>m</sup>Beef <sup>n</sup>Squid <sup>o</sup>Shellfish <sup>p</sup>Buckwheat <sup>q</sup>Sulfite <sup>r</sup>Crab <sup>s</sup>Mushroom

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# Gyeonggi Suwon International School Menu

## <September>

	Mon(9.25)	Tue(9.26)	Wed(9.27)	Thu(9.28)	Fri(9.29)
Korean Menu	Stir Fried Pork w/kimchi <sup>d</sup> <sup>e</sup> <sup>h</sup> Multigrain Rice Bean Paste Soup <sup>d</sup> <sup>e</sup> Jelly Salad <sup>d</sup> Kimchi <sup>g</sup> White Kimchi	Stir fried chicken <sup>d</sup> <sup>e</sup> <sup>l</sup> Steamed Rice Clear Soup Fruit Salad <sup>b</sup> Kimchi <sup>g</sup> White Kimchi	Rice Cake Skewers <sup>d</sup> <sup>e</sup> <sup>j</sup> Tuna & Kimci Rice ball <sup>g</sup> Fish Curd Soup <sup>d</sup> <sup>e</sup> Stir Fried Sausage <sup>d</sup> <sup>e</sup> <sup>h</sup> <sup>l</sup> Kimchi <sup>g</sup> White Kimchi	Boiled Pork <sup>d</sup> <sup>e</sup> <sup>l</sup> Multigrain Rice Bean Sprouts Soup <sup>d</sup> <sup>e</sup> Seasoned Buckwheat & Vegetable <sup>d</sup> <sup>e</sup> <sup>p</sup> Seasoned Salad Kimchi <sup>g</sup> White Kimchi	Hot Noodle w/ Dumpling <sup>d</sup> <sup>e</sup> <sup>h</sup> Multigrain Rice Spring Roll <sup>d</sup> <sup>e</sup> Seasoned Salad Kimchi <sup>g</sup> White Kimchi
International Menu	Oyakkodong <sup>d</sup> <sup>e</sup> <sup>l</sup> Steamed Rice Sauteed Vegetable <sup>d</sup> Waldorf salad <sup>b</sup> Bean Paste Soup <sup>d</sup> <sup>e</sup> Fruit	Chicken quesadilla <sup>b</sup> <sup>d</sup> <sup>e</sup> <sup>l</sup> Fired Potato <sup>d</sup> Mix Vegetable Green Salad Fruit	Toowoomba Pasta <sup>b</sup> <sup>d</sup> <sup>e</sup> <sup>h</sup> <sup>s</sup> Cinnamon Toast <sup>b</sup> <sup>d</sup> <sup>e</sup> Roasted Zucchini <sup>d</sup> <sup>j</sup> Tomato & Cucumber Salad <sup>d</sup> <sup>j</sup> Fruit	Vegetable Curry <sup>d</sup> <sup>e</sup> Steamed Rice Fried Vegetable <sup>d</sup> <sup>e</sup> Green Salad Bean Sprouts Soup Fruit	Grilled Chicken <sup>d</sup> <sup>e</sup> <sup>j</sup> <sup>l</sup> Steamed Rice Beans Sprout & Bacon <sup>d</sup> <sup>e</sup> <sup>h</sup> Tomato Salad <sup>d</sup> <sup>j</sup> Cream Mushroom Soup <sup>b</sup> <sup>d</sup> <sup>e</sup> <sup>l</sup> <sup>s</sup> Fruit

<Food Allergy Notice> <sup>a</sup>Egg <sup>b</sup> Milk <sup>c</sup>Peanut <sup>d</sup>Soybean <sup>e</sup>Wheat <sup>f</sup>Mackerel <sup>g</sup>Shrimp <sup>h</sup>Pork <sup>l</sup>Peach <sup>j</sup>Tomato <sup>k</sup>Walnut <sup>l</sup>Chicken <sup>m</sup>Beef <sup>n</sup>Squid <sup>o</sup>Shellfish <sup>p</sup>Buckwheat <sup>q</sup>Sulfite <sup>r</sup>Crab <sup>s</sup>Mushroom

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# Gyeonggi Suwon International School Menu

## <Salad Bar>

	Mon	Tue	Wed	Thu	Fri
S a l a d	Tuna Spread <b>(b)(d)</b> Vegetable Stick Green salad/dressing <b>(d)</b> Kidney Beans Sweet Corn Crouton <b>(b)(d)(e)</b> Pickle Onion Ham <b>(h)</b> Tomato <b>(j)</b> Lettuce	Ham Spread <b>(b)(d)</b> Pasta salad <b>(d)(e)(j)</b> Green salad/dressing <b>(d)</b> Cereal Black Olive Crouton <b>(b)(d)(e)</b> Jalapeno Onion Ham <b>(h)</b> Tomato <b>(j)</b> Lettuce	Tuna Spread <b>(b)(d)</b> Vegetable Stick Green salad/dressing <b>(d)</b> Dried Banana Chips Green Olive Crouton <b>(b)(d)(e)</b> Pickle Paprika Ham <b>(h)</b> Tomato <b>(j)</b> Lettuce	Yogurt Bar <b>(b)</b>	Tuna Spread <b>(b)(d)</b> Vegetable Stick Green salad/dressing <b>(d)</b> Kidney Beans Raisin Crouton <b>(b)(d)(e)</b> Jalapeno Onion Ham <b>(h)</b> Tomato <b>(j)</b> Lettuce
				Fruit Bar	
				Snack Bar	
				Superfood Salad Bar	
b a r	Milk <b>(b)</b> Juice Corn Tea Butter <b>(b)</b> Strawberry jam/Grape jam Morning roll <b>(b)(d)(e)</b> Bread <b>(b)(d)(e)</b>	Milk <b>(b)</b> Juice Barley Tea Butter <b>(b)</b> Strawberry jam/Grape jam Wheat Baguette <b>(b)(d)(e)</b> Bread <b>(b)(d)(e)</b>	Milk <b>(b)</b> Juice Corn Tea Butter <b>(b)</b> Strawberry jam/Grape jam Morning roll <b>(b)(d)(e)</b> Bread <b>(b)(d)(e)</b>	Milk <b>(b)</b> Juice Barley Tea Butter <b>(b)</b> Strawberry jam/Grape jam Morning roll <b>(b)(d)(e)</b> Bread <b>(b)(d)(e)</b>	Milk <b>(b)</b> Juice Corn Tea Butter <b>(b)</b> Strawberry jam/Grape jam Morning roll <b>(b)(d)(e)</b> Bread <b>(b)(d)(e)</b>

<Food Allergy Notice> **(a)**Egg **(b)** Milk **(c)**Peanut **(d)**Soybean **(e)**Wheat **(f)**Mackerel **(g)**Shrimp **(h)**Pork **(i)**Peach **(j)**Tomato **(k)**Walnut **(l)**Chicken  
**(m)**Beef **(n)**Squid **(o)**Shellfish **(p)**Buckwheat **(q)**Sulfite **(r)**Crab **(s)**Mushroom

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