Date	1/4 (Sat)	1/6(Mon)	1/ 7(Tue)	1/8(Wed)	1/ 9(Thu)	1/ 10(Fri)	1/ 11(Sat)	1/ 13(Mon)	1/ 14(Tue)	1/ 15(Wed)	1/ 16(Thu)	1/ 17(Fri)
lorning	Green Tea	Milk	Milk	Milk	Milk	Milk	Milk	, 50	Milk	Milk	Milk	Milk
Snack	Crackers	Rice Crackers	Vegetables Bar	Biscuit	Shrimp-Flavor Crackers	Fried Crackers	Crackers		Rice Crackers	Vegetables Bar	Biscuit	Shrimp-Flavor Crackers
9		Rice	Rice	Hushed Pork and Rice	Rice Grilled Whitefish	[Korean Cuisine]	Udon Noodle Soup		Rice	Champon Noodle Soup Japanese Mustard Spinach Salad	Rice Simmered Pork and Soybean Curd	Wakame Rice
Menu		Grilled Chicken Dressed Japanese Mustard Spinach	Fried Whitefish Dressed Chinese Cabbage	Vegetables Salad Vegetables Soup	Dressed Spinach	Bibimbap Bowl Seasoned Vegetable	Dressed Spinach Canned Mikan-Orange		Cheese Omelet Coleslaw	Mikan-Oranges	Dressed Vegetables	Grilled Salmon Simmered Hijiki- Seaweed
Ë		Soybean Baste Soup	Soybean Paste Soup	Mikan-Oranges	Egg Soup	Wakame-Seaweed Soup			Milk Soup	Mikaii-Oranges	Clear Soup	Soybean Paste Soup
_		Apples	Oranges	Mikan-Oranges	Apples	Bananas			Bananas		Apples	Bananas
		Rice	Rice	Rice	Rice	Rice	Udon Noodles		Rice	Chinese Noodles	Rice	Rice
				Pork		Pork	Chicken			Pork		Wakame-Seaweed
		Chicken	Codfish	Onion	Codfish	Onion	Onion		Egg	Cabbage	Pork	Salt
		Soy Sauce	Ginger	Carrot	Ginger	Soy Sauce, Japanese Rince Wine	Carrot		Mixed Cheese	Onion	Soybean Curd	0.1
		Sugar Sweet Rice Wine	Japanese Rice Wine Soy Sauce	Shimeji-Mushroom Hushed Meat Flakes	Sugar Japanese Rice Wine	Sugar Garlic, Ginger	Shimeji-Mushroom Fried Soybean Curd		Carrot Onion	Carrot Shiitake-Mushroom	Onion Carrot	Salmon Japanese Rice Wine
		Ginger	Sweet Rice Wine	Cooking Oil	Sweet Rice Wine	Sesame Oil	Natural Stock		Salt	Corn	Green Onion	Salt
		Starch	Starch	Cooking on	Soybean Paste	Japanese Mustard Spinach	Soy Sauce		Ketchup	Sesame Oil	Cooking Oil	our
			Cooking Oil	Soybean	,	Soybean Sprout	Sweet Rice Wine		Parsley	Milk	Soybean Paste, White Soybean Paste	Hijiki-Seaweed
		Japanese Mustard Spinach		Cucumber	Soybean Curd	Carrot	Japanese Rice Wine			Chinese Stock	Natural Stock	Fried Soybean Curd
		Soybean Sprout	Chinese Cabbage	Tuna Flakes	Spinach	Sesame Oil	Salt		Cabbage	Soy Sauce	Soy Sauce, Sugar	Soybean
		Carrot Soy Sauce	Soybean Sprout Carrot	Corn Cooking Oil	Soybean Sprout Carrot	Soy Sauce Sugar			Cucumber Carrot	Slat Starch	Sweet Rice Wine, Japanese Rice Wine Starch	Carrot Sesame Oil
Η		Sugar	Loin Ham	Soy Sauce	Soy Sauce	Vinegar, Salt	Spinach		Loin Ham	Startii	Starcii	Soy Sauce
절		Sugar	White Sesame	Vinegar	Sugar	White Sesame	Soybean Sprout	Public Holiday	Mayonnaise		Spinach	Sugar
Ingredient	Box Lunch Day		Soy Sauce	Sugar	White Sesame		Corn	(Coming of Age		Japanese Mustard Spinach	Soybean Sprout	Sweet Rice Wine
ieı		Onion	Sugar	Salt		White Radish	Soy Sauce	Day)	Salt	Soybean Sprout	Corn	Japanese Rice Wine
井		Carrot		n	Egg	Cucumber	Sugar		al: all	Carrot	Tuna Flakes	I
		Dried Young Sardine	Onion Soubean Curd	Potato	Carrot	Carrot Secame Oil	Cannes Mikan-Orange		Chinese Cabbage	Vinegar Sov Sauce	Soy Sauce	Japanese Mustard Spinach Dried White Radish Stripes
		Soybean Paste	Soybean Curd Wakame-Seaweed	Onion Carrot	Onion Green Onion	Sesame Oil Sov Sauce	Camies mikali-Orange		Potato Shimeji-Mushroom	Soy Sauce Cooking Oil	Sugar	Potato
		Apple	Dried Young Sardine	Consommé	Natural Stock	Vinegar			Milk	Sugar	Enoki-Mushroom	Dried Young Sardine
		1	Soybean Paste		Soy Sauce	Sugar			Consommé	Salt	Onion	Soybean Paste
				Mikan-Orange	Japanese Rice Wine	Salt			_		Wakame-Seaweed	_
			Orange		Sweet Rice Wine	W-1			Banana	Mikan-Orange	Natural Stock	Banana
					Salt Starch	Wakame-Seaweed Onion					Soy Sauce Japanese Rice Wine	
					Staten	Enoki-Mushroom					Sweet Rice Wine	
					Apple	Chinese Stock					Salt	
						Banana					Apple	
	Milk	Milk	Milk	Green Tea	Milk	Milk	Milk	+	Milk	Green Tea	Milk	Milk
	Rice Cracker, Jelly	Corn Steamed Bread	Seven Spring-Herb Rice Porridge	Banana Yogurt	Toast	Sweet Red Bean Soup	Starch Rusk		Steamed Sweet Potatoes	Cocoa Pudding	Roasted Dried Young Sardine, Bananas	Melon-Flavor Toast
Snack	,	Wheat Flour	Rice, White Radish	Plain Yogurt	Bread	Rice Dumpling	Starch		Sweet Potato	Milk	Dried Young Sardine	Bread
ĕ		Corn	Japanese Mustard Spinach, Carrot		Soybean Flour	Soybean Curd	Brown Sugar		Salt	Cocoa	Light Brown Sugar	Unsalted Butter
×		Baking Powder	Natural Stock	Sugar	Sugar	Sugar				Agar	Mayonnaise	Granulated Sugar
		Sugar Cooking Oil	Soy Sauce Salt		Butter	Red Bean Sugar, Salt				Sugar	Curry Powder Banana	Wheat Flour
Date	1/ 20(Mon)	1/ 21(Tue)	1/ 22(Wed)	1/ 23(Thu)	1/ 24(Fri)	1/ 25(Sat)	1/ 27(Mon)	1/ 28(Tue)	1/ 29(Wed)	1/30(Thu)	1/31(Fri)	
Morning Snack	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	Milk	
-aack	Crackers	Rice Crackers	Vegetables Bar	Biscuit	Shrimp-Flavor Crackers	Fried Crackers	Crackers	Rice Crackers	Vegetables Bar	Biscuit	Shrimp-Flavor Crackers	_
Þ	Rice Stir-Fried Pork	Rice Stir-Fried Liver	Rice Simmered Whitefish	Bread Roll Grilled Chicken	Rice Grilled Whitefish	Japanese Pasta Dressed Japanese Mustard Spinach	Rice Grilled Salmon	Rice Japanese Omelet	Rice Fried Chicken	Rice Pork Beans	【Birthday Party】 Rice topped with Dried Food Seasoning	
Menu	Chinese Cabbage Salad	Dressed Vegetables	Dressed Vegetables	White Radish Stew	Simmered Freeze-Dry Soybean Curd	Soybean Paste Soup	Spinach Salad	Simmered Dried-White Radish Stripes	Dressed Vegetables	French Salad	Fried Whitefish	11
2	Soybean Pastes Soup	Consommé Soup	Soybean Paste Soup	Banana	Soybean Paste Soup	Canned Peaches	Milk Soup	Soybean Paste Soup	Bean-Starch Vermicelli Soup	Soymilk Soup	Potato Salad	
_	Mini Jelly	Mikan-Oranges	Apples		Oranges		Bananas	Apples	Mikan-Oranges	Bananas	Consommés Soup, Apples	
	Rice	Rice	Rice	Bread Roll	Rice	Spaghetti	Rice	Rice	Rice	Rice	Rice	
			. 15.1			Chicken		_		_ ,	0.101	
	Pork	Chicken Liver	Codfish	Chicken Marmalade	Codfish Soy Sauce	Onion	Salmon Salt	Egg	Chicken	Pork	Codfish Salt	- In -
	Bean-Starch Vermicelli Onion	Ginger Soy Sauce	Ginger Soy Sauce	Garlic	Japanese Rice Wine	Carrot Shimeji-Mushroom	Mayonnaise	Hijiki-Seaweed Carrot	Soy Sauce Garlic	Soybean Potato	Japanese Rice Wine	711
	Carrot	Starch	Japanese Rice Wine	Soy Sauce	Sweet Rice Wine	Salt	Cream Corn	Onion	Ginger	Onion	Wheat Flour	
	Gren Pepper	Potato	Sweet Rice Wine	Sugar	Black Sesame	Butter	Parsley	Shiitake-Mushroom	Sweet Rice Wine	Carrot	Bread Crumbs	UV
	Chinese Stock	Green Pea	Sugar	Japanese Rice Wine		Soy Sauce		Soy Sauce	Japanese Rice Wine	Green Pepper	Parmesan Cheese	Ja
	Soy Sauce	Cooking Oil, Ketchup	n . 10 '	147 's p. 11 's	Freeze-Dry Soybean Curd	Dried Seaweed	Spinach	Sugar	Sugar	Tomato	Parsley	Ja
	Sugar Japanese Piec Wine	Sugar, Japanese Rice Wine	Fermented Soybean	White Radish	Egg	Innanasa Mustand Cair	Cucumber	Salt	Salt	Consommé	Cooking Oil	
	Japanese Rice Wine Sesame Oil	Worcestershire Sauce Parsley	Japanese Mustard Spinach Soybean Sprout	Onion Potato	Carrot Kidney Bean	Japanese Mustard Spinach Soybean Sprout	Carrot	Dried White Radish Stripes	Starch Cooking Oil	Salt Ketchup	Potato	
Ξ	ocsame On	1 at SICy	Carrot	Carrot	Natural Stock	Carrot	Vinegar	Fried Soybean Curd	COOKING ON	Sugar	Cucumber	
99	Chinese Cabbage	Soybean Curd	Soy Sauce	Bacon	Soy Sauce	White Sesame	Soy Sauce	Carrot	Japanese Mustard Spinach	Starch	Corn	☆Korea
g	Cucumber	Cabbage	Sugar	Shimeji-Mushroom	Sugar	Vinegar, Soy Sauce	Cooking Oil	Green Pea	Soybean Sprout		Tuna Flakes	1471 . 17
lie	Corn	Cucumber		Milk	Sweet Rice Wine	Sesame Oil	Sugar	Natural Stock	Enoki-Mushroom	Cabbage	Mayonnaise	Why is Kor
Ingredient	Tuna Flakes	Carrot	Squash	Cream Stew Loux	Japanese Rice Wine	Sugar, Salt	Salt	Soy Sauce	Dried Baby Sardine	Soybean Sprout	Sugar	
	Vinegar, Soy Sauce	White Sesame	Onion	Cooking Oil	0	147-1 C	0	Sugar	Soy Sauce	Carrot	Salt	
		Mayonnaise Sov Sauce	Fried Soybean Curd Water	Banana	Onion Spinach	Wakame-Seaweed Onion	Onion Potato	Sweet Rice Wine Japanese Rice Wine	Sugar	Vinegar, Cooking Oil Sugar, Salt	Cabbage	Korea has hars
	Cooking Oil, Sugar, Salt	Sugar	Dried Young Sardine	Danaild	Water	Shiitake-Mushroom	Chinese Cabbage	oapanese Rice wille	Onion	ougai, oait	Soybean Sprout	necessary to p
					Dried Young Sardine	Dried Young Sardine	Water	Soybean Curd	Carrot	Onion	Carrot	' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '
	Wakame Seaweed White Radish		Soybean Paste		Soybean Paste	Soybean Paste	Dried Young Sardine	Wakame-Seaweed	Bean-Starch Vermicelli	Carrot	Consommé	long periods.
	Wakame Seaweed White Radish Carrot	Onion	·			1	Soybean Paste	Onion	Chinese Stock	Spinach	l. ,	commonly use
	Wakame Seaweed White Radish Carrot Dried Young Sardine	Onion Shimeji-Mushroom	Apple Apple					Water		Soymilk	Apple	
	Wakame Seaweed White Radish Carrot	Onion Shimeji-Mushroom Carrot	·			Canned Peach	P		Miles Ossess		11ppic	became associ
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste	Onion Shimeji-Mushroom	·		Orange	Canned Peach	Banana	Dried Young Sardine	Mikan-Orange	Consommé	Tippic .	became associ
	Wakame Seaweed White Radish Carrot Dried Young Sardine	Onion Shimeji-Mushroom Carrot Consommé	·			Canned Peach	Banana		Mikan-Orange		1 pp. c	traditional pre
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste	Onion Shimeji-Mushroom Carrot	·			Canned Peach	Banana	Dried Young Sardine Soybean Paste	Mikan-Orange	Consommé		
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste	Onion Shimeji-Mushroom Carrot Consommé	·			Canned Peach	Banana	Dried Young Sardine	Mikan-Orange	Consommé Salt	- Apple	traditional pre techniques, for
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange	Apple		Orange			Dried Young Sardine Soybean Paste Apple	-	Consommé Salt Banana		traditional pre
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange	Apple Milk	Green Tea	Orange Milk	Milk	Milk	Dried Young Sardine Soybean Paste Apple Milk	Green Tea	Consommé Salt Banana Milk	Milk	traditional pre techniques, for
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly Milk Brown Sugar Rusk	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange	Apple	Seasoned Rice	Orange Milk Milk and Starch Cake	Milk Simmered Sweet Potatoes	Milk Lemon Cake	Dried Young Sardine Soybean Paste Apple Milk Pizza Toast	Green Tea Milk Jelly	Consommé Salt Banana Milk Boiled Potatoes	Milk Crepe	traditional pre techniques, for
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly Milk Brown Sugar Rusk Bread	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange Milk Yogurt Cake Wheat Flour	Apple Milk	Seasoned Rice Rice, Fried Soybean Curd	Orange Milk Milk and Starch Cake Milk	Milk Simmered Sweet Potatoes Sweet Potato	Milk Lemon Cake Pancake Powder	Dried Young Sardine Soybean Paste Apple Milk Pizza Toast Bread	Green Tea Milk Jelly Milk	Consommé Salt Banana Milk Boiled Potatoes Potato	Milk Crepe Wheat Flour, Salt	traditional pre techniques, for
	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly Milk Brown Sugar Rusk	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange	Apple Milk	Seasoned Rice Rice, Fried Soybean Curd Carrot, Burdock Root	Orange Milk Milk and Starch Cake Milk	Milk Simmered Sweet Potatoes Sweet Potato Sugar	Milk i Lemon Cake Pancake Powder Egg	Dried Young Sardine Soybean Paste Apple Milk Pizza Toast Bread Onion, Green Pepper	Green Tea Milk Jelly Milk Canned Pineapple	Consommé Salt Banana Milk Boiled Potatoes Potato Aosa- Seaweed	Milk Crepe Wheat Flour, Salt Egg	traditional pre techniques, for
Snack	Wakame Seaweed White Radish Carrot Dried Young Sardine Soybean Paste Mini Jelly Milk Brown Sugar Rusk Bread	Onion Shimeji-Mushroom Carrot Consommé Mikan-Orange Milk Yogurt Cake Wheat Flour Baking Powder	Apple Milk	Seasoned Rice Rice, Fried Soybean Curd	Orange Milk Milk and Starch Cake Milk Starch	Milk Simmered Sweet Potatoes Sweet Potato	Milk Lemon Cake Pancake Powder	Dried Young Sardine Soybean Paste Apple Milk Pizza Toast Bread	Green Tea Milk Jelly Milk	Consommé Salt Banana Milk Boiled Potatoes Potato	Milk Crepe Wheat Flour, Salt	traditional pre techniques, for



1/ 18(Sat)
Milk

Fried Crackers

Canned Pineapples

Chicken

Egg Carrot

Onion

Sov Sauce

Spinach Soybean Sprout

Sou Sauce

Sugar

Red Fish Cake Green Onion Natural Stock

Sugar Japanese Rice Wine Dried Seaweed

Carrot Dried Bonito Flakes

Wakame-Seaweed Dried Young Sardine

Canned Pineapple

Boiled Macaroni

Soybean Flour

Macaroni

Sugar

Soybean Paste

Chicken and Egg Bowl Dressed Spinach Soybean Paste Soup

January

☆Korean Cuisine☆

Why is Korean food spicy?

Korea has harsh winters, so it was necessary to preserve food for long periods. The chili peppers commonly used in Korean cuisine became associated with traditional preservation techniques, forming the basis for its characteristic spiciness 🎝