

June.2019

Dwight School Seoul



CEZARS
KITCHEN

	6/3/2019					6/4/2019					6/5/2019					6/6/2019					6/7/2019				
Asian	Mapa Tofu					Chicken Noodles					Spicy Stir-fried Rice Cake					No school					Chicken Karaage				
	Chinese Bun					Gyoza Dumpling					Seaweed Rice Ball										Roasted Sweet Pumpkin				
	Pepper Japchae					Oyster Mushroom					Vegetable Tempura					Soy Braised Black Bean									
	SOY	GL	PK			CH	GL	PK			GL	S	PO								CH	GL	B		
Western	Chicken Pilaf					Meat Lover Pizza					Meat Loaf & Gravy Sauce										Chicken Alfredo Penne				
	Fried Egg					Potato Fries					Mashed Potato										Garlic Baguette				
	Zucchini Sautee					Roasted Carrot					Green Bean Sautee					Roasted Broccoli									
	CH	EGG				GL	HONEY	EGG	D	PO	PO	D	B								CH	D	GL		
Vegetarian	Vegetable Mapa Tofu & Corn Ball					Vegetable Noodle & Tomato Cup Salad					Tofu Steak & Teriyaki Vegetable										Vegetable Cream Pasta				
	SOY	GL				GL	TO	FR			SOY														
Halal	Chicken Pilaf & Fried Egg					Beef Udon					Crispy Chicken Tender										Chicken Karaage				
	Shrimp Tempura					Corn Ball					Mac & Cheese										Tomato Sauce Penne				
	Zucchini Sautee					Teriyaki Vegetable					Green Bean Sautee					Steamed Broccoli									
	CH	SH	GL			GL					CH	GL	D	B							CH	TO	GL		
Soup	Kastuo Soup					Broccoli Soup					Fish Cake Soup										Seaweed Soup				
	F					D	GL				F	GL													
Self Service Station	Green Salad					Green Salad					Green Salad										Green Salad				
	Grapefruit Salad					Nicoise Salad					Fruit Yogurt Salad										Mango Salad				
	Dressing and Salad Topping					Dressing and Salad Topping					Dressing and Salad Topping					Dressing and Salad Topping									
	Apple					Orange					Lemon Cake					Banana									
	FR					EGG	FR				FR	D	GL	EGG							FR				
Banchan Bar	White Rice & Brown Rice					White Rice & Brown Rice					White Rice & Brown Rice										White Rice & Brown Rice				
	Spring Roll					Vege Stick					Kimali										Seasoned Pimpinella				
	Soy Braised Burdock					Seasoned Beansprout					Seasoned Chard					Lettuce Muchim									
	Kimchi & White Kimchi					Kimchi & White Kimchi					Kimchi & White Kimchi					Kimchi & White Kimchi									
	GL					CU	B				GL	S													

Allergy Code : CH=Chicken ,PK=Pork, TO=Tomato, PO=Potato, F=Fish, S=Seafood, GL=Gluten, B=Bean, SOY=Soy, FR=Fruit, LE=Lemon, CO=Coconut, SH=Shrimp, D=Dairy, CU=Cucumber

Country of Origin:Kimchi,White Kimchi, Rice:Korean

*The menu may change depending on the food supply situation.



	6/10/2019					6/11/2019					6/12/2019					6/13/2019					6/14/2019				
Asian	Grilled Pork Belly					Yaki Udon					Pork Cutlet														
	Stir-fried Mushroom Onion					Steamed Egg					Vegetable Chewy Noodle														
	Ssam & Ssam Jang					Stir-fried Bok Choy					Stir-fried Spinach														
	PK					GL	S	EGG			PK	GL	CU												
Western	Fish and Chips					Beef Lasagna					Mexican Chicken Nacho														
	French Fries					Focaccia					Nacho Chip & Sour Cream														
	Roasted Cauliflower					Corn Sautee					Grilled Paprika														
	F	GL	PO			TO	GL	HONEY	EGG	D	CH	D	TO	B											
Vegetarian	Spinach Ravioli w.Tomato Sauce					Vegetable Lasagna					Vegetable Nacho														
	D	GL	TO			TO	D	GL			GL														
Halal	Homemade Chicken Cutlet					Beef Lasagna					Grilled Chicken Mayo														
	Mashed Potato					Focaccia					French Fries														
	Fruit Salad					Grilled Asparagus					Spring Roll														
	CH	GL	PO	D	FR	TO	GL	D			CH	PO	GL												
Soup of the Day	Soy Bean Pasted Stew					Yubu Miso Soup					Tuna Kimchi Stew														
	SOY					SOY					F														
Self Service Station	Green Salad					Green Salad					Green Salad														
	Quinoa Salad					Caesar Salad					Garbanzo Salad														
	Dressing and Salad Topping					Dressing and Salad Topping					Dressing and Salad Topping														
	Apple					Orange					Cherry Tomato														
	FR					PK	D	FR			B	TO													
Banchan Bar	White Rice & Brown Rice					White Rice & Brown Rice					White Rice & Brown Rice														
	Leek Muchim					Croquet					Plain Yogurt														
	Seasoned Crown Daisy					Cucumber Muchim					Soy Braised Lotus Root														
	Kimchi & White Kimchi					Kimchi & White Kimchi					Kimchi & White Kimchi														
	SOY					GL	CU	PO			D														

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	6/3/2019					6/4/2019					6/5/2019					6/6/2019					6/7/2019				
아시아요리	마파두부 꽃빵 피망잡채					닭칼국수 교자만두 새송이버섯구이					떡볶이 김가루 주먹밥 야채튀김					No school					치킨가라아게 단호박구이 콩자반				
	SOY	GL	PK			CH	GL	PK			GL	S	PO								CH	GL	B		
서양식요리	치킨필라프 계란후라이 쥬키니스테					미트러버피자 감자튀김 당근구이					미트로프 & 그레이비스소스 매쉬드포테이토 그린빈소테										치킨알프레도펜네 갈릭바게트 브로콜리구이				
	CH	EGG				GL	HONEY	EGG	D	PO	PO	D	B								CH	D	GL		
채식요리	야채마파두부*옥수수불					채소칼국수*토마토캡슐러드					두부스테이크 w.데리야끼야채										야채크림파스타				
	SOY	GL				GL	TO	FR			SOY										D	GL			
할랄식요리	치킨필라프와 계란후라이 새우튀김 쥬키니스테					소고기우동 옥수수불 데리야끼 야채					크리스피치킨텐더 맥앤치즈 그린빈소테										치킨가라아게 토마토소스 펜네 데친 브로콜리				
	CH	SH	GL			GL					CH	GL	D	B							CH	TO	GL		
오늘의 수프	가쓰오장국					브로콜리소프					어묵국										미역국				
	F					D	GL				F	GL									S				
셀프서비스바	그린샐러드 자몽샐러드 드레싱 & 샐러드토폭 사과					그린샐러드 니수와스샐러드 드레싱 & 샐러드토폭 오렌지					그린샐러드 과일요거트샐러드 드레싱 & 샐러드토폭 레몬케이크										그린샐러드 망고샐러드 드레싱 & 샐러드토폭 바나나				
	FR					EGG	FR				FR	D	GL	EGG							FR				
반찬 바	쌀밥 & 잡곡밥 야채춘권 우영조림 김치 & 백김치					쌀밥 & 잡곡밥 야채스틱 콩나물무침 Kimchi & White Kimchi					쌀밥 & 잡곡밥 김말이 근대무침 김치 & 백김치										쌀밥 & 잡곡밥 참나물무침 상추겉절이 김치 & 백김치				
	GL					CU	B				GL	S													

알레르기 코드 : CH=닭고기, PK=돼지고기, TO=토마토, F=생선, S=해산물, GL=글루텐, B=콩, SOY=대두, FR=과일, LE=레몬, CO=코코넛, SH=새우, D=유제품, CU=오이

원산지 : 김치, 백김치, 쌀:국내산

*식재료수급상황에 따라 메뉴가 변경될 수 있습니다.



	6/10/2019					6/11/2019					6/12/2019					6/13/2019					6/14/2019				
아시아요리	삼겹살 양파버섯볶음 쌈채소 & 쌈장					야끼우동 계란찜 청경채볶음					돈까스 야채졸면 시금치볶음														
	PK					GL	S	EGG			PK	GL	CU												
서양식요리	피시앤칩스 감자튀김 컬리플라워구이					비프라자나 포카치아 옥수수소테					멕시칸치킨나초 나초칩 & 사워크림 그릴드파프리카														
	F	GL	PO			TO	GL	HONEY	EGG	D	CH	D	TO	B											
채소	시금치라비올리와 토마토소스					채소라자나					야채타코														
	D	GL	TO			TO	D	GL			GL														
할랄식요리	홈메이드치킨커틀릿 매쉬드포테이토 과일샐러드					비프라자나 포카치아 그릴드아스파라거스					그릴드치킨마요 감자튀김 야채춘권														
	CH	GL	PO	D	FR	TO	GL	D			CH	PO	GL												
오늘의 수프	된장찌개					유부미소국					김치참치찌개														
	SOY					SOY					F														
셀프서비스바	그린샐러드 퀴노아샐러드 드레싱 & 샐러드토픽 사과					그린샐러드 시저샐러드 드레싱 & 샐러드토픽 오렌지					그린샐러드 가르반조샐러드 드레싱 & 샐러드토픽 방울토마토														
	FR					PK	D	FR			B	TO													
반찬 바	쌀밥 & 잡곡밥 파채무침 숙갓두부샐러드 김치 & 백김치					쌀밥 & 잡곡밥 채소고로케 오이무침 김치 & 백김치					쌀밥 & 잡곡밥 플레인요거트 연근조림 깍두기 & 백김치														
	SOY					GL	CU	PO			D														

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	6/3/2019					6/4/2019					6/5/2019					6/6/2019					6/7/2019				
Asian	Mapa Tofu					Chicken Noodles					Spicy Stir-fried Rice Cake					No school					Chicken Karaage				
Vester	Chicken Pilaf					Meat Lover Pizza					Meat Loaf & Gravy Sauce					0					Chicken Alfredo Penne				
	SOY	GL	PK	0	0	CH	GL	PK	0	0	GL	S	PO	0	0	0	0	0	0	0	CH	GL	B	0	0
	CH	EGG	0	0		GL	HONEY	EGG	D	PO	PO	D	B	0	0	0	0	0	0	0	CH	D	GL	0	0
	6/10/2019					6/11/2019					6/12/2019					6/13/2019					6/14/2019				
Asian	PK 0 0 0 0					Yaki Udon					Pork Cutlet					0					0				
Vester	Fish and Chips					Beef Lasagna					Mexican Chicken Nacho					0					0				
	F	GL	PO	0	0	GL	S	EGG	0	0	PK	GL	CU	0	0	0	0	0	0	0	0	0	0	0	0
						TO	GL	HONEY	EGG	D	CH	D	TO	B	0	0	0	0	0	0	0	0	0	0	0
Asian	#REF!					#REF!					#REF!					#REF!					#REF!				
Vester	#REF!					#REF!					#REF!					#REF!					#REF!				
	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
Asian	#REF!					#REF!					#REF!					#REF!					#REF!				
Vester	#REF!					#REF!					#REF!					#REF!					#REF!				
	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
Asian	#REF!					#REF!					#REF!					#REF!					#REF!				
Vester	#REF!					#REF!					#REF!					#REF!					#REF!				
	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
Asian	#REF!					#REF!					#REF!					#REF!					#REF!				
Vester	#REF!					#REF!					#REF!					#REF!					#REF!				
	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
Asian	#REF!					#REF!					#REF!					#REF!					#REF!				
Vester	Philadelphia Sandwich					Honey Glazed Chicken					Meat Loaf					Chicken Alfredo					Brown Pork Stew				
	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!	#REF!

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