



## JULY 2023 SCHOOL LUNCH MENU INFORMATION

Please refer to the school website for detailed country of origin and nutrition information.[Nutrition:Energy/Protein/Calcium/Iron]															
Origin & Nutrient Amount	Rice (Hattomi)	Kimchi(Cabbage,Chilli Powder)	Beef /Processed Goods	Pork /Processed Goods	Chicken /Processed Goods	Duck /Processed Goods	Octopus	Mackerel	Pollack Pollack/Chopped Pollack	Cutlassfish	Yellow Corbina	Squid	Crab	Tofu /Soybean	
	Domestic	Domestic	Domestic (Hanu)	Domestic	Domestic	Domestic	China	Domestic	Russia	Domestic	Domestic	Domestic	Domestic	Domestic	
Mixed grains and glutinous rice: eco-friendly products // Vegetables and fruits:eco-friendly products (Regular products if supply is not available)															
알레르기 정보	1.Egg, 2.Milk, 3.Buckwheat, 4.Nuts, 5.Soybean, 6.Wheat, 7.Mackerel, 8.Crab, 9.Shrimp, 10.Pork, 11.Peach, 12.Tomato 13.Sulfites,14.Walnut, 15.Chicken, 16.Beef, 17.Squid, 18.Clams(Oysters,Abalone,Mussel) 19.Pine Nuts Number next to it.														
	*Students with allergies to specified foods, please check the daily menu in advance and take special care.														
☞ The menu below is subject to change due to school circumstances or price fluctuations ☞ Please refer to the country of origin and nutrition label of food ingredients by state on the school website (Alimmadang> Meal News)															
Mon (Mon)		Tue (Tue)			Wed (Wed) – Chat Day			Thu (Thu)			Fri (Fri)				
3		4			5			6			7				
Corn Rice Kimchi Pork Stew 5.9.10.13. Vienna Sausage Soy sauce Stir Fry 2.5.6.10.13.18. Seasoned Water Chestnut Jelly5.6. Balloon Flower Root Salad5.6.13. Sesame Sweet Rice Pancake5 1.2.6.  863/35/224.5/4.3		Raddish Kimchi Rice 1.2.5.6.9.10.13.18. Spring Onion Egg Soup5.6.13.18. Hot Chicken Pizza 2.5.6.12.13.15. Seasoned Cucumber Kimchi13. Peach Iced T&ea11.13  685.1/30.9/423.9/2.9			Paper-Based Evaluation[No Meals]			Paper-Based Evaluation[No Meal]			Curry Rice 2.5.6.10.12.13.16.18. Oven-roasted chicken drumsticks 2.5.6.13.15.18. Lettuce Salad ⊕Balsamuc Sauce13. Cabbage Kimchi9.13. Tangerine Juice  755.5/35/137/3.8				
10[Happy Birthday~]		11[Chobok]			12[Multicultural Day]			13			14				
Glutinous Rice Beef Seaweed Soup 5.6.16. Flatfish Cutlet1.5.6. ⊕Sauce1.2.5.6.13. Japchae5.6.8.10.13.18. Seasoned Bean Sprout[Chilli]5. Macaroons1.2.5.6.  744.7/29/135.6/3		Beef Porridge5.6.16. Monte Cristo Sandwich1.2.5.6.10.13 .15.16. Black Sesame Lettuce Salad 1.2.4.5.6.12.13.16.18. Seasoned Dried Squid & Raddish17. Choco Milk2.5.  808.3/33.6/401.7/8.9			Jajjangmyeon[Main Dish] 5.6.7.9.13.16.18. Ttangsyuk.6.10.16. Fried Dumpling 1.2.5.6.8.10.16.18. Seasoned Pickle Raddish13. Water Jelly Mango  968.8/29.7/246.4/13.9			Barley Rice Acorn Jelly Sou[Cold] 5.6.7.9.13.16. Ddak Galbi5.6.13.15. Grilled Corn Cheese 1.2.5.6.8.13. Seasoned Ripe Cucumber13.  840.2/40.3/293.9/3.2			Brown Rice Spinach Soybean Soup5.6.9.13. Fried Eggs 1.2.5.6.10.12.13. Seasoned Squid 1.5.6.13.17. Tofu 5.6.9.10.13. Plum 709.8/43.8/285.1/9.8				
17		18			19			20			21[Chungbok]				
Barley Rice Pollack Tofu Soup 1.5.6.9.13.18. Cold Wheat Noodles 3.5.6.13.16. Pork Bulgogi 5.6.10.13. Young Raddish Kimchi9.13. Watermelon  807/47.2/317.9/4.9		Millet Rice Dumpling Potato Ball Soup 1.5.6.9.10.16.18. Spicy ChickenStew5.6.13.15. Sweet Potato Stem Stir Fry5.6. Cabbage Kimchi9.13. Peaches 11.  745.3/43/178.6/3.2			Jeyuk Bibimbap5.6.10.13. Soybean Paste Soup 5.6.9.13.18. Corn Cheese Baguette 1.2.5.6.13. White Kimchi9.13. Yogurt[Apple]2.  794.6/42.5/540.5/3.6			Brown Rice Beef Chilli Paste Soup 5.6.13.16. Pork Cutlet 2.5.6.10.12.16. Dried Seaweed Stir Fry13. Kimchi Stir Fry9.13. Mango Pineapple Juice5.13.  1001.9/34.4/213.9/4.1			Glutinous Rice Duck Soup5.6. Beef Pancake 1.2.5.6.10.15.16.18. Chamnamul Apple Geotjori 5.6.13. Raddish Kimchi9.13. Red Beans Bingsu2.11.13.  970.8/42.6/345.1/7.3				

## Eat Less Sweets(Additional Sugar We Need to Be Careful Of)

### What is Added Sugar?

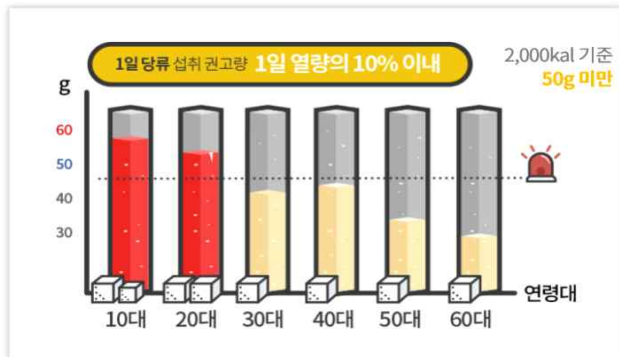
Added sugar refers to sugar added to **processed foods or cooking**. Foods high in added sugars are called "empty calorie foods." This is because it is high in calories but low in nutrients.

### How much sugar intake is healthy?

The World Health Organization (WHO) sets the daily recommended sugar (added sugar) intake at 50g per person to maintain health.

### How much sugar do we eat?

[Sugar (Added Sugar) Intake Status]



Source: Ministry of Food and Drug Safety (as of 2017)

### What are the problems when eating too much sugar?



### How to make it less sweet?



Data and figure source: Ministry of Food and Drug Safety (online publicity center for reducing sodium and sugar)

## Healthy Summer

In summer, when the temperature is high and humid, the body temperature rises and heat stroke or sunstroke can occur, which causes abnormalities in the body, and food is easily damaged and causes food poisoning.

### Eating Habits to Beat the Heat

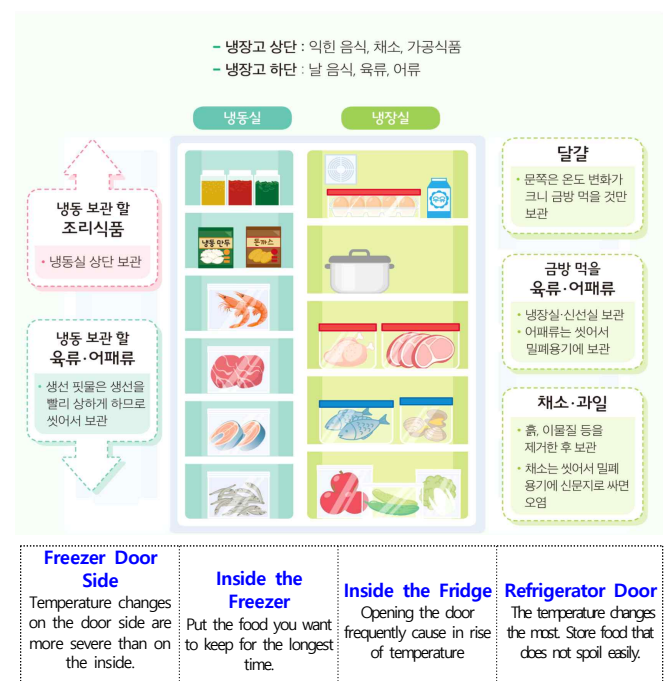
1. Drink plenty of water and stay hydrated.
2. Always eat breakfast.
3. Often eat fruits with lots of vitamins.

### How to Prevent Food Poisoning in Summer

1. **When purchasing food** : Check the expiration date label carefully before purchasing fresh food.
2. **When storing food** : Refrigerate or freeze according to the storage method for each food. Do not store perishable food on the side of the refrigerator door. Also, do not open the refrigerator door often, and store hot items after cooling them down.
3. **When you eat food** : Before preparing and eating food, be sure to wash your hands with soap, etc., and make sure to cook the food as much as possible.

Food left at room temperature for more than 2 hours may increase the risk of food poisoning due to rapid increase in bacteria, so make it just before eating or refrigerate it.

## Take Good Care of The Refrigerator from Food Poisoning



Data source: Ministry of Food and Drug Safety, Samsung Seoul Hospital Health Column, Chung-Ang University Hospital Health Column,  
Picture source: Ministry of Food and Drug Safety