



HOME NEWSLETTER

Sincerity(誠實)

제 2023-264호

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OCTOBER 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	Cutlass fish	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)															
Allergy Information	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 *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 (월)		Tue (화)		Wed (수) – Chat Day			Thu (목)			Fri (금)					
2		3		4[Student Recommended Meal]			5			6[Happy Birthday]					
Public Holiday		National Foundation Day		Jajjang Rice2.5.6.10.13.15.16. Corn Salad1.5.13. Myongran Hotdog 1.2.5.6.10.12.16 Orange Juice(Ddaum)13. Raddish Kimchi9. 930.9/27.0/251.4/2.4			Corn Rice Beef Red Pepper Stew 5.6.13.16. Sweet & Sour Fish + Sauce 1.5.6.13. Stir-Fried Bean Sprout 5.6.13. Pickled Cucumber5.6.13. Gold Kiwi 884.7/32.3/260.4/4.5			Glutinous Rice Potato Seaweed Soup 5.6.9.13.18. Braised Spicy Chicken5.6.13.15. Egg Roll1. Cabbage Kimchi9. Fresh Cream Snow Cake 1.2.4.5.6.13. 793.0/44.4/226.6/4.7					
9		10		11			12			13[Student Recommended Meal]					
Hangeul Day		Barley Rice Ham & Potato Jjagul[Soup] 1.2.5.6.10.13.15.16. Buckwheat Spicy Noodles 3.5.6.13.16. Grilled Tofu in Perilla Oil5. Stir-fried Dried Seaweed Stir-fried Butter Kimchi 2.9.13. 804.3/22.1/152.6/3.4		Jeyuk Rice Bowl5.6.10.13. Bean Sprout Soup5.6.9. Choco Chip Twist Pie1.2.6. Cabbage Kimchi9.13. Banana Strawberry Serbet2.5. 880.6/36.3/260.8/4.2			Brown Rice Duck Soup5.6. Potato Cheese Pancake2.5.6.10. Seasoned Dried Raddish Leaves5.6. Dried Pickled Radish Salad13.17. Apple 773.4/29.1/330.0/3.8			Chicken Mayo Rice Bowl 1.5.6.13.15.18. Cabbage Bean Soup5.6.9.13. Grilled Sausage & Ricecake1.2.5.6.10.15.16. Raddish Kimchi9.13. Peach Iced Tea11.13. 968.0/31.6/269.0/3.4					
16		17[Student Recommended Meal]		18[Multicultural Day]			19[No Soup Day]			20[No Soup Day]					
Barley Rice Namdo Bean Sprout Soup5.9.17. Stir-fried Pork5.6.10. Seasoned Spinach in Chilli Paste Grilled Seaweeds Flower Pie1.2.5.6.13. 810.8/40.4/153.5/3.7		Perilla Rice Gourd-shaped Rice Cake Soup1.5.6.16. Grilled Spicy Chicken Wing 5.6.13.15. Chamnamul Apple Geotjeori5.6.13. Stir-fried Fish Cake and Kimchi1.5.6.9. 763.2/35.5/129.2/2.9		Rice[Choice] Mara Noodles[Chinese] 2.4.5.6.8.9.10.12.13.16.18. Sweet and Sour pork in Lemon2.5.6.10.13.16. Cabbage Kimchi Calamansi Juice 845.9/26.9/93.5/7.6			Brown Rice Cabbage Bean Paste Soup 5.6.9. Boneless Chicken Galbi 5.6.13.15. Egg Dumpling1.5.6. Chestnut Radish Salad Oranes 815.7/38.5/249.7/3.6			Bibimbap5. Soft Tofu Bibimjang5.16. Scorched Rice Corn Cheese Gratin 1.2.5.6.10.13.15.16.. White Kimchi9. Yogurt2. 710.4/21.1/199.3/2.5					
23		24		25[Dokdo Day]			26			27[Student Recommended Meal]					
Millet Rice Ham Stew 1.2.5.6.9.10.13.15.16. Braised Baby Potatoes 5.6.13. Crab Meat Seaweed Stir-fry1.5.6.8. King Octopus Takoyaki 1.2.5.6.10.13.15.16.18. Raddish Kimchi7 9. 846.2/26.1/154.5/2.5		Corn Rice Cheonggukjang Stew5.9. Vraised Beef & Quail Eggs 1.5.6.13.16. Kimchi Squid Pancake 1.5.6.9.17. Bellflower Root Vegetables 13. Melon 703.8/36.4/236.9/5.3		Raddish Kimchi Bokkumbap 1.2.5.6.9.10.13.15.16.18. Egg Spring Onion Soup1.5.6. Hanbando Ttonkasu5.6.10.16. +Sauce,2.5.6.12.13.16.18. Black Sesame Cabbage Saad 1.5. Seasoned Squid[Choice]13. Apple 948.5/22.4/163.2/3.1			Sorghum Rice Chicken Bokkeumtang [Soup] 2.5.6.12.13.15.16.18. Boneless Grilled Pollack 2.5.6.12.13.16.18. Stir-fried Dried Seaweed & Anchovy Pickled Gungchae (Gungchae Pickled Sauce). Grape Water Jelly13. 851.3/51.4/108.4/3.0			Brown Rice Pollack Radish Soup5.6.9. Curry Udong 2.5.6.10.12.13.16.18. Canola Greens5.6. Braised Pork and Kimchi5.6.9.10.13. Maple Croffle1.2.5.6. 969.6/48.7/383.0/4.4					
30		31		27			28			29					
Brown Rice Beef Stew5.6.16. Ttok Galbi(Sauce) 1.2.5.6.10.12.13.16. raised Lotus Root Peanuts연4.5.6. Seasoned Bean Sprout5. Raddish Kimchi9. Plum Juice 762.3/35.8/158.1/3.3		Barley Rice Banquet Noodle Soup[Soup]1.5.6. Ohyangjangyuk2.5.6.10.13 Seasoned Lettuce & Leeks5.6. Cabbage Kimchi9. Mabdarins 696.8/58.8/279.5/5.5													

Know About Cholesterol

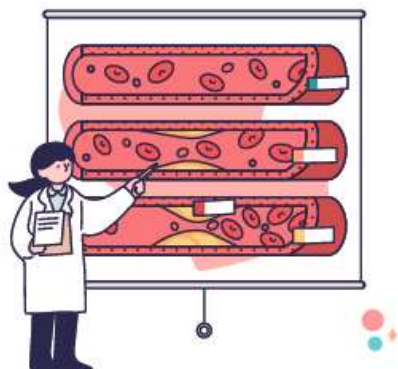
What comes to mind
when you think of
'Cholesterol'?

Bad for your health?
What is bad to eat?
Blocking blood vessels?

There are side effects
that occur when there
is too much
cholesterol. In fact,

cholesterol is a very important nutrient in our body.

It may seem unfair that cholesterol is only hated
despite doing many amazing things. Then, what is
cholesterol really? Let's find out right away, shall we?



◆ What cholesterol does in our body

1. Creates cell membranes.

An essential component of the cell membrane
surrounding cells and **acts as a guardian to protect cells.**

2. It makes hormones.

It is an ingredient that makes various hormones, including
female hormones, male hormones, and stress coping
hormones.

3. Makes vitamin D.

When cholesterol in the skin is **exposed to sunlight**
(ultraviolet rays), it is converted into vitamin D.

4. Produces bile acids

It produces bile acids needed to digest fried or fatty foods

5. It doesn't create energy.

It produces important components for our bodies, but
it cannot produce energy. In other words, **having too**
much cholesterol does not mean you gain weight.

◆ Is cholesterol so important that we need to eat it every day?

No, it isn't!!

Cholesterol is a necessary component for the entire body, so it
is produced in all cells and is mainly synthesized in the liver.

If you eat more cholesterol, your body will make less
cholesterol, and if you eat less cholesterol, your body will make
more to maintain balance.

◆ Good Cholesterol vs Bad Cholesterol?

To be precise, this is incorrect.

HDL and LDL are not different types of cholesterol, but
different types of carriers (lipid proteins) that transport
cholesterol. In other words, they are divided according to **their**
role as carriers of cholesterol.

When the carrier (lipid protein) is formed,

■ If the protein ratio is low **LDL (Low-density lipoprotein)**

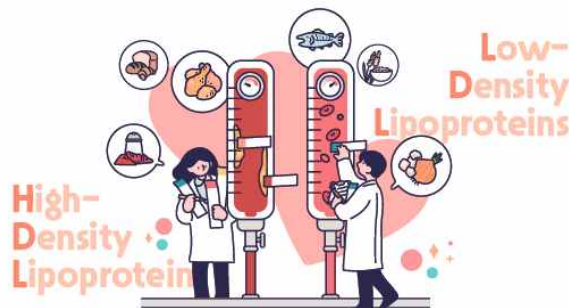
--> Brings cholesterol from the liver to cells throughout the body

■ High protein ratio **HDL (High-density lipoprotein)**

--> Transports cholesterol from cells throughout the body to the liver

Therefore, **in people at high risk of arteriosclerosis,**

HDL plays a 'good' role in collecting and eliminating cholesterol in
the blood vessels, LDL can be said to play a 'bad' role in bringing
cholesterol to the blood vessels and causing it to accumulate.



◆ Know More About Cholesterol!

Q. Can I eat cholesterol-containing foods (egg yolks, squid, crab, shrimp) as much as I want without worrying about cholesterol?

A. Eating cholesterol does not have a significant effect on
blood cholesterol, so it is not a problem for people with
normal blood cholesterol levels.

However, it is recommended that people with hyperlipidemia or
those at risk of cardiovascular diseases such as arteriosclerosis
consume less.

Data source: Modern Life Nutrition (2021) Tae-seon Park, Eun-kyung Kim, Gyomunsa Professor Hong Kyung-hee's 'Healthy Nutrition' food column cholesterol (21.07.06), Nongshim Blog Kim Soo-hyun's Dietary Lifestyle White Paper 100 Questions and 100 Answers (2012), Kim Soo-hyun, Daltteum