



## HOME NEWSLETTER

Sincerity(誠實)

제 2023-233호

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## SEPTEMBER 2023 SCHOOL LUNCH MENU INFORMATION

Origin & Nutrient Amount	Please refer to the school website for detailed country of origin and nutrition linformation.[Nutrition:Energy/Protein/Calcium/Iron]														
	Rice (Hattomi)	Kimchi (Cabbage, ChilliPowder)	Beef/Pr ocessed Goods	Pork/ Processed Goods	Chicken /Processed Goods	Duck/ Processed Goods	Octopus	Mackerel	Pollack Pollack/ Chopped Pollack	Cutlass fish	Yellow Corbina	Squid	Crab	Tofu /Soybea n	
Allergy Information	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)															
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)					
										1					
										Brown Rice Bean Sprout Soup5.6.9. Flat DumplingsⓈMixed Veggie 1.5.6.13. Dried Squid Stirfry5.6.13.17.18. Spam Kimchi Bokkum6.9.10.13. 807.3/28.0/267.9/2.4					
4[Happy Birthday~]		5		6			7			8					
Glutinous Rice Seaweed Chicken Soup 5.6.9.13.15. Seasoned Whelk Noodles 5.6.13.17. Corn & Mushroom Pancake 1.5.6.13. Stir Fried Kimchi9. Egg Tart1.2.5.6. 803.7/28.0/172.6/4.3		Barley Rice Pork Kimchi Stew5.9.10. Grilled Fish Curry 2.5.6.12.13.16. Sundae Bokkum5.6.10.13. Raddish Kimchi5.6. Ice Wangshu1.2.5.6. 876.7/37.1/230.9/9.2		Seaweed Rice Balls 1.2.4.5.6.9.13.16.18. Fish Cake Soup1.5.6.9.13.18. Ttokppoki1.2.5.6.12.13.16.18. Squid & Onion Rings1.5.6.17. Raddish Kimchi9. Yogurt2. 883.6/29.4/355.9/4.6			Millet Rice Acorn Jelly Soup[Cold]5.6.7.9.13.16. Cheese Dalkkalbi 2.5.6.12.13.15.16.18. Seasoned Bean Sprout5. Stir Fried Dried Seaweeds Oranges 790.0/41.0/227.2/2.4			Corn Rice Potato Ball Soup5.6.9. Grilled Pork 5.6.10.13.18. Spinach in Chilli Paste5.6. Cabbage Kimchi9. Gold Kiwi 760.5/37.8/287.8/4.1					
11		12		13[Multicultural Day]			14[No Soup Day]			15					
Brown Rice Soft Tofu Jjampong 5.6.8.9.13.17.18 Rice Meatballs in Soy Sauce 5.6.10.13.15.16.18. Seasoned Bean Sprouts & Water Parsley Grilled Seaweeds13. Raddish Kimchi9.13. 738.5/25.4/140.73.5		Perilla Rice Andong Beef Soup 5.6.9.13.16 Pumpkin Eggroll1. Stir Fried Spam & Potato 1.2.5.6.10.13.15.16. Seasoned Bellflower & Cucumber5.6. Banana 727.5/25.8/237.3/3.6		Katsudon(Tonkatsu Ricebowl) 1.5.6.10.13. Miso Bean Paste Soup5.6.9. Spicy Chewy Noodles5.6.1 Pickled Raddish Salad Pulito(Orange Grapefriut)13. 1030.7/29.4/281.4/4.3			Wild Vegetable RiceⓈSoybean Paste Sauce5.6.13. Scorched Rice Corncheese Toast1.2.5.6.13. Cabbage Kimchi9.13. Dalbam Latte 2. Melon 708.5/21.8/319.1/2.8			School Excursion (Picnic)					
18		19		20			21			22					
Barley Rice7 Bean Sprout Kimchi Soup 5.6.9.13. Pork Bulgogi 5.6.10.13.18. Veggie Salad5.6.13. Stir Fried Squid5.6.13.17. Cucumber Kimchi9.13. Bavarian Donut1.2.5.6. 739.2/38.5/194.1/2.9		Black Rice Bean Sprout Cabbage Soup 5.6.9.13. Stir-fried Octopus Jjolmyeon5.6.13. Braised Quail Eggs and Konjac1.5.6.13. Raddish Kimchi9.13 743.4/37.1/239.4/4.7		Charcoal Grilled Chicken Ricebowl 2.5.6.9.10.12.13.15.16.18. Fried Tofu Soup1.2.5.6.9.13.18. Stir Fried Dried Seaweeds13. White Kimchi9.13. Chalboru Bread1.2.5.6. Apples13. 866.0/43.6/223.2/3.1			Sorghum Rice Pork Backbone Gamjatang 5.6.9.10.13. Braised Pollack5.6.12.13. Mixed Veggies5.6. Grilled Seaweeds13. Fresh Pineapple 832.1/56.9/328.4/4.3			Kimchi Fish Roe Fried Rice 2.5.6.10.13.18. Bean Paste Soup5.6.9.13. Sweet Potato1.2.5.6. Black Sesame Lettuce Salad 1.2.4.5.6.12.13.16.18. Raddish Kimchi9.13. Cornflakes Yogurt(Yogatok)2. 798.0/22.6/381.2/2.4					
26		26		27			28			29					
Corn Rice Chicken Ttok Soup 5.6.13.15.18. Seasoned Bean Sprout & Vienna2.5.6.10.13. Tofu Vegie Bokkum5.6.13.16.18. Cabbage Kimchi 9.13. Melon 796.8/34.3/151.28/3.4		Glutinous Rice Beef Taro Soup5.6.9.13.16. Andong Jjimdalk2.5.6.13.15. Pollack Vegie Pancake1. Cabbage Kimchi9.13. Songpyon Ricecake5.13. 854.7/43.1/193.6/3.8		Dungcheon St Fried Rice 1.5.6.13.18. Dungcheon St Kalguksu 5.6.7.13.16.18. Kimchi Buckwheat Crepe 3.5.6.9.10. Fresh Napa Cabbage Kimchi9. Cheonhyehyang Cup Jelly 933.8/29.6/162.0/3.2			Chuseok Holiday			Chuseok Holiday					

## Chuseok Abundant and Generous like the Full Moon



If you interpret **Chuseok(秋夕)** literally, it means an **autumn evening**, furthermore a **night with the best moonlight in autumn** so it has the meaning of a good holiday when the moon is exceptionally bright.

Chuseok is the first full moon of the eighth lunar month in the lunar calendar, meaning it is the middle of autumn and the middle of August.

It is also called Gabae 가배(嘉俳), Gabaeil(嘉俳日), Gawi, Hangawi,(仲秋), Mid-Autumn(仲秋節), or Mid Autumn Festival (仲秋佳節).

Gawi and Hangawi are pure Korean words, and Gabae is a double-edged expression of the Korean word "scissors."

Chuseok is a full-moon holiday with the first full moon of the year, the second day of June, and the middle of July. Daeboreum is considered important because it is the first holiday of the new year, while Chuseok is considered important because it is the full moon holiday at the beginning of the harvest season. Chuseok is an **Agricultural Appreciation Day (農功感謝日) to give thanks for good harvest and it is a festival to see the fruits of farming.**

In addition, it is deeply meaningful as a time to wrap up farming in the year and as a time to honor the good harvest of the following year.

There is a proverb called **"No more, no less, always keep the blades the same."** As it is the season when five grains ripen, everything is abundant and enjoyable, hoping to eat well, dress well, play well, and live like this day.

**아니 먹을 만큼만 적당히 덜어서 먹습니다**



◎ 다음 각각은 밥 한공기의 열량과 비슷해요.



밥 1공기는 약 300kcal입니다.



송편 5~6개



꽃감 4개



절편 5~6개



한과 12개



밥 11~12개



약과 2개

**두울 기름기가 많은 고지방 음식은 적당히 먹습니다**



◎ 기름기가 많은 부위보다는 살코기 위주로 먹습니다.



갈비찜(1회 분량)  
약 300kcal

**세엣 비타민, 무기질, 식이섬유가 풍부한 채소와 과일을 골고루 먹습니다**



단감 1개 100 kcal  
사과 1개 100 kcal



삼색나물(취나물, 도라지, 고사리)  
1접시 각 50kcal

전체 식이섬유 17g

※1일 식이섬유 총분 섭취량 = 12g/1000kcal