



## Woori Adult Daycare Monthly Meal Plan\*

### MARCH 2018

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee	Milk/Tea/Coffee
*Pumpkin Porridge	*Black Bean	*Cabbage porridge	*Chicken porridge	*Seaweed porridge
Cereal	porridge	Cereal	Cereal	Cereal
Boiled Eggs	Cereal	Boiled Eggs	Boiled Eggs	Boiled Eggs
Banana	Boiled Eggs	Baby Tomatoes	Yogurt	Banana
Wheat Bread	Yogurt	Banana	Wheat Bread	Wheat Bread
Fresh Veggies	Wheat Bread	Wheat Bread	Fresh Veggies	Fresh Veggies
	Fresh Veggies	Fresh Veggies		

\*\*Breakfast and Lunch menus are subject to be changed by the food vendor.

\*Water, Tea, Coffee are offered at every meal and periodically throughout the day.

\*Full catering from the restaurant. Menus including desserts are subject to change.



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Mon	Tue	Wed	Thurs	Fri
			<b>1. Grained/Brown Rice</b> <b>Side dishes:</b> Bok-choy Pan-fried Zucchini Kim-chi pancakes Chicken Teriyaki Watermelon <b>Soup:</b> “Bae-Chu” Soup	<b>2. Grained/Brown Rice</b> <b>Side dishes:</b> Chicken-Katsu Kim-chi Pickled Radish Broccoli Fruit Cup <b>Soup:</b> Beef-Radish Soup
<b>5. Grained/Brown Rice</b> <b>Side dishes:</b> White Kim-chi Seasoned Spinach Egg Omelette Stir-fried Pork Yogurt <b>Soup:</b> Codfish Soup	<b>6. Grained/Brown Rice</b> <b>Side dishes:</b> Radish Boiled Potatoes Grilled Shrimp Acorn Jelly Salad Rice Cake <b>Soup:</b> Bean Paste Stew	<b>7. Grained/Brown Rice</b> <b>Side dishes:</b> Kim-chi Seasoned Soybean sprout Boiled Mackerel Seaweed Apple <b>Soup:</b> Ox-bone soup	<b>8. Grained/Brown Rice</b> <b>Side dishes:</b> Bok-choy Bulgogi Beef Veggie Salad Yogurt <b>Soup:</b> Soft tofu stew	<b>9. Jan-Chi Noodles Soup</b> <b>Side dishes:</b> Cucumber Kim-chi Seasoned Soybean sprout Braised Potato Snacks <b>Soup:</b>
<b>12. Grained/Brown Rice</b> <b>Side dishes:</b> White Kim-chi Braised Tofu Bu-chu Pancakes Jap-chaе noodles Orange <b>Soup:</b> Seaweed Soup	<b>13. Grained/ Brown Rice</b> <b>Side dishes:</b> Radish Seaweed Salad Braised Tofu Marinated cut-squid Apple <b>Soup:</b> Bae-chu Soup	<b>14. Grained/ Brown Rice</b> <b>Side dishes:</b> Kimchi Veggie Tempura Marinated Pork with Tofu Seaweed <b>Soup:</b> Bean-Paste Soup	<b>15. Grained/ Brown Rice</b> <b>Side dishes:</b> Bok-choy Marinated seafood Pan-fried peppers Watermelon <b>Soup:</b> Mussel Soup	<b>16. Mapa-Tofu over Rice</b> <b>Side dishes:</b> Pickled Radish Cooked Broccoli Fruit Cup <b>Soup:</b> Beef-Radish Soup
<b>19. Grained/Brown Rice</b> <b>Side dishes:</b> White Kim-chi Seasoned Spinach Egg Omelette Stir-fried Pork Yogurt <b>Soup:</b> Codfish Soup	<b>20. Grained/Brown Rice</b> <b>Side dishes:</b> Radish Boiled Potatoes Grilled Shrimp Acorn Jelly Salad Rice Cake <b>Soup:</b> Bean Paste Stew	<b>21. Grained/Brown Rice</b> <b>Side dishes:</b> Kim-chi Seasoned Soybean sprout Boiled Mackerel Seaweed Apple <b>Soup:</b> Ox-bone soup	<b>22. Grained/Brown Rice</b> <b>Side dishes:</b> Bok-choy Bulgogi Beef Veggie Salad Yogurt <b>Soup:</b> Soft tofu stew	<b>23. Jan-Chi Noodles Soup</b> <b>Side dishes:</b> Cucumber Kim-chi Seasoned Soybean sprout Braised Potato Snacks <b>Soup:</b>
<b>26. Grained/Brown Rice</b> <b>Side dishes:</b> White Kim-chi Braised Tofu Bu-chu Pancakes Jap-chaе noodles Orange <b>Soup:</b> Seaweed Soup	<b>27. Grained/ Brown Rice</b> <b>Side dishes:</b> Radish Seaweed Salad Braised Tofu Marinated cut-squid Apple <b>Soup:</b> Bae-chu Soup	<b>28. Grained/ Brown Rice</b> <b>Side dishes:</b> Kimchi Veggie Tempura Marinated Pork with Tofu Seaweed <b>Soup:</b> Bean-Paste Soup	<b>29. Grained/ Brown Rice</b> <b>Side dishes:</b> Bok-choy Marinated seafood Pan-fried peppers Watermelon <b>Soup:</b> Mussel Soup	<b>30. Bi Bim Bap</b> <b>Side dishes:</b> Pickled Radish Cooked Broccoli Pear <b>Soup:</b> Beef-Radish Soup

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