




2019 September Lunch Menu

2(Mon)	3(Tue)	4(Wed)	5(Thur)	6(Fri)
<ul style="list-style-type: none"> •Rice •Pork Kimchi Jjigae •Korean Meat Balls •Dried Seasoned Squid •Salad/Fruit 	<ul style="list-style-type: none"> •Pasta •Garlic Bread •Dessert • Salad/Fruit 	<ul style="list-style-type: none"> •Rice •Miso Soup •Stir Fried Duck Meat • Salad/Fruit 	<ul style="list-style-type: none"> •Fish Cutlet •Croissant •Dessert • Pasta/Salad/Fruit 	<ul style="list-style-type: none"> •Mixed Rice •Miso Soup •Stir Fried Pork and Veggies • Broccoli • Salad/Fruit
9	10 Half day	11 Chuseok	12 Chuseok	13 Chuseok
<ul style="list-style-type: none"> • Mixed Rice •Rice cake and Mandu Soup •Seasoned Drumsticks • Salad/Fruit 				
16	17 Half day	18	19	20
<ul style="list-style-type: none"> •Jjajang Rice •Sweet and Sour Pork • Pasta/Salad/Fruit 		<ul style="list-style-type: none"> • Rice •Braised Chicken •Stir Fried Fish Cake and Veggies • Salad/Fruit 	<ul style="list-style-type: none"> •Udon •Stir Fried Sausage & Rice Cakes •Pickled Radish • Salad/Fruit 	<ul style="list-style-type: none"> • Rice •Beef and Radish Soup •Stir Fried Korean Chili Peppers and Pork • Salad/Fruit
22	24	25	26	27
<ul style="list-style-type: none"> • Rice •Miso Soup •Steamed Pork/Veggies •Gonyak Noodles • Pasta/Salad/Fruit 	<ul style="list-style-type: none"> •Hotdogs •French Fries • Pasta/Salad/Fruit 	<ul style="list-style-type: none"> • Mixed Rice •Seaweed Soup •Stir Fried Anchovies •Dukgalbi • Salad/Fruit 	<ul style="list-style-type: none"> •Chicken Salad •Mac n Cheese •Morning Rolls •Fruit 	<ul style="list-style-type: none"> •Bean Sprout Rice •Beef and Quail Eggs •Spinach •Dessert •Salad/Fruit
30				
<ul style="list-style-type: none"> • Rice •Egg Soup •Hamburger Steak •Stir Fried Mushrooms and Veggies • Salad/Fruit 				

- ♣ The above meals are subject to change based on the price fluctuation.
- ♣ Students who are allergic to certain foods(example: milk, egg, peach, tomato, mackerel, shrimp, peanut), please notify their teacher or nutritionist in advance.
- ♣ Fresh salad will be served with every meal. Dressing is served daily in different flavors.
- ♣ ICSU does not use MSG in order to strive for safe and hygienic meals.
- ♣ Mondays/Wednesdays/Fridays – Korean style
 Tuesday and Thursdays – Western style