

## Philinter 食事

- 韓国食がメインとなりますが、献立によっては日本食も提供しております。
- 学校の献立表を添付致しましたのでご参考にしてください。
- 献立のローテーション、サイクル（何週間ごとか、献立の組換え頻度等）  
→3週間のローテーションになります。



							
	SUN	MON	TUE	WED	THU	FRI	SAT
	11/30	1	2	3	4	5	6
LUNCH	HASHED RICE	OCTOPUS FRIED RICE	CHAPSUI (chop suey)	BEEF KIMCHI FRIED RICE	SPAGHETTI CARBONARA	TUNA KIMCHI JJIGAE (kimchi stew w/ tuna)	SEAFOOD FRIED RICE
DINNER	GALBITANG (beef short rib soup)	PORK GALBI JJIM (steamed pork ribs)	KIMCHI JEYUK (spicy stir-fried kimchi)	PORK CUTLET	DAKDORI TANG (boiled chicken with spicy sauce)	BURGER STEAK	GOM TANG (beef soup with noodles)
	7	8	9	10	11	12	13
LUNCH	JAJANG RICE (black bean paste w/ rice)	JAP CHAE RICE (rice noodles)	BEAN SPROUTS & SAYOTE IN GARLIC SOY SAUCE	SEAFOOD DOENJANG JJIGAE (soybean stew with seafood)	BIBIMBAB	JANCHI NOODLE (chicken noodle soup)	OMELET WITH RICE
DINNER	KKANPUNGGI (fried chicken in garlic sauce)	U GEU JI GOMTANG (beef soup w/ vegetables)	BOO DAE JJI GAE (stew with sausage & veg.)	YUKGE JANG (spicy soup w/ beef & veg.)	CHICKEN IN SOY SAUCE	PORK BULGOGI (grilled marinated pork)	FISH CUTLET

	14	15	16	17	18	19	20
LUNCH	CURRY WITH RICE	PORK KIMCHI JJIGAE (pork kimchi soup)	BEEF SOUP WITH RICE	BEEF DOENJANG JJIGAE (soybean paste stew w/ beef)	PORK KIMCHI JJIM (steamed pork w/ kimchi)	BIBIMBAB	VEGETABLE FRIED RICE
DINNER	JJAMPONG RICE (spicy soup w/ seafood & rice)	CHICKEN TERIYAKI	JOK BAL (seasoned pork trotter)	BUL GO GI (grilled marinated beef)	GAMJATANG (pork bone soup)	TANG SU YUK (sweet and sour pork)	FRIED CHICKEN
	21	22	23	24	25	26	27
LUNCH	HASHED RICE	OCTOPUS FRIED RICE	CHAPSUI (chop suey)	BEEF KIMCHI FRIED RICE	SPAGHETTI CARBONARA	TUNA KIMCHI JJIGAE (kimchi stew w/ tuna)	SEAFOOD FRIED RICE
DINNER	GALBITANG (beef short rib soup)	PORK GALBI JJIM (steamed pork ribs)	KIMCHI JEYUK (spicy stir-fried kimchi)	PORK CUTLET	DAKDORI TANG (boiled chicken with spicy sauce)	BURGER STEAK	GOM TANG (beef soup with noodles)
	28	29	30	31	1/1	1/2	1/3
LUNCH	JAJANG RICE (black bean paste w/ rice)	JAP CHAE RICE (rice noodles)	BEAN SPROUTS & SAYOTE IN GARLIC SOY SAUCE	SEAFOOD DOENJANG JJIGAE (soybean stew with seafood)	BIBIMBAB	JANCHI NOODLE (chicken noodle soup)	OMELET WITH RICE
DINNER	KKANPUNGGI (fried chicken in garlic sauce)	U GEU JI GOMTANG (beef soup w/ vegetables)	BOO DAE JJI GAE (stew with sausage & veg.)	YUKGE JANG (spicy soup w/ beef & veg.)	CHICKEN IN SOY SAUCE	PORK BULGOGI (grilled marinated pork)	FISH CUTLET