



4월 월간식단표 및 알레르기표시



	일요일	월요일	화요일	수요일	목요일	금요일	토요일
			1	2	3	4	5
중식			<ul style="list-style-type: none">김밥①②⑤⑥⑩⑬미니우동①⑤⑥순대⑥⑩라볶이/김말이튀김①②⑤⑥⑬배추김치⑨요구르트②	<ul style="list-style-type: none">친환경특미밥마카로니콘샐러드①⑤⑥등심돈까스/소스①②⑤⑥⑩⑬배추김치⑨시금치햇도그/케첩①②⑤⑥⑩⑬학교로간강글루스⑤⑬크림스프②⑤⑥	<ul style="list-style-type: none">친환경잡곡밥⑤두부김치국⑤⑨김파래자반볶음돈육참스테이크⑤⑥⑩⑬사색해물전①⑤⑥⑧⑨배추김치⑨	<ul style="list-style-type: none">짜장밥⑤⑥⑩실파계란국①오이부추무침⑤⑥고추장닭불고기⑤⑥배추김치⑨요거트푸딩①②⑤⑬	<ul style="list-style-type: none">김가루주먹밥주름감자튀김/케첩⑤⑥⑩배추김치⑨불고기버거①②⑤⑥⑩⑬옥수수콘샐러드①⑤양송이스프②⑤⑥
석식			<ul style="list-style-type: none">친환경쌀밥순두부찌개⑤⑥⑩진미채야채무침⑤⑥자반고등어구이⑦배추김치⑨크림치즈소프트레이어②⑥	<ul style="list-style-type: none">친환경쌀밥시금치된장국⑤⑥근대나물감자채볶음②⑤⑥⑩치즈달걀비②⑤⑥⑬배추김치⑨	<ul style="list-style-type: none">친환경잡곡밥⑤오징어우육청양풍돈갈비찜⑤⑥⑩근대나물사각어묵볶음⑤⑥배추김치⑨	<ul style="list-style-type: none">친환경쌀밥열갈이된장국⑤⑥상추겉절이순대야채볶음⑤⑥⑩바베큐크림치즈를까스①②⑤⑥⑩깍두기⑨	<ul style="list-style-type: none">친환경쌀밥다시마우육국⑤⑥시금치나물매콤주꾸미볶음⑤⑥갈actic던데리야끼/머스타드①②⑤⑥⑩⑬배추김치⑨
	6	7	8	9	10	11	12
중식	<ul style="list-style-type: none">친환경쌀밥감자탕⑩갈치우조림⑤⑥스팸구이②⑥⑩깍두기⑨피자토스트①②⑤⑥⑩⑬⑭	<ul style="list-style-type: none">숙주두부부리①②⑤⑥⑩⑬미소된장국⑤⑥단호박꿀찜김치전①⑥⑨배추김치⑨포춘키①②⑤⑥⑬	<ul style="list-style-type: none">김가루주먹밥잔치국수①⑥청경채갈비데리야끼양념꼬치⑬열무김치	<ul style="list-style-type: none">토마토스파게티①②⑤⑥⑩⑬고구마치즈스틱①②⑤⑥배추김치⑨미니화이트쿠키①②⑥크림스프②⑤⑥양배추샐러드/키위드레싱①②⑤⑥⑬	<ul style="list-style-type: none">친환경특미밥육개장①시금치나물크림소스떡볶이②⑤⑥⑩용가리치킨/머스타드①⑤⑥배추김치⑨	<ul style="list-style-type: none">콩나물밥/양념장⑤⑥감자된장국⑤⑥오이부추무침⑤⑥떡볶이①②⑤⑥⑬배추김치⑨	미운영
석식	<ul style="list-style-type: none">친환경쌀밥사골우거지국⑤참나물무침⑤고기완자전①⑤⑥⑩⑬배추김치⑨감자채크리타②⑥⑩	<ul style="list-style-type: none">친환경쌀밥사골무국⑥꽃고추감자조림⑤⑥실곤약야채무침⑤⑥두부고코넛치킨까스/소스②⑤⑥⑩⑬깍두기⑨	<ul style="list-style-type: none">친환경쌀밥종합어묵국⑥콩나물조림⑤실파김가루무침제육볶음⑤⑥⑩배추김치⑨	<ul style="list-style-type: none">친환경쌀밥열무된장국⑤⑥단호박닭볶음탕⑤⑥실파김치⑨우리밀타코야끼①⑤⑥⑬야채계란말이①⑤	<ul style="list-style-type: none">친환경쌀밥불낙버섯찌개취나물무침⑤파채가슴살치킨①②⑤⑥⑩⑬궁중너비아니①⑤⑥⑩배추김치⑨	<ul style="list-style-type: none">작은밥짬뽕⑥⑨⑩단무지무침튀김고추만두①⑤⑥⑩배추김치⑨짜먹는요구르트②	미운영
	13	14	15	16	17	18	19
중식	미운영	<ul style="list-style-type: none">작은밥짜장면⑤⑥⑩실파계란국①단무지부추무침새우튀김/타르소스①⑤⑥⑨⑬배추김치⑨말기파이①②⑥	<ul style="list-style-type: none">친환경수수밥팬이버섯된장국⑤⑥매운갈비찜⑤⑥⑩견과류치리멸치볶음④⑤⑥감자버터구이②배추김치⑨	<ul style="list-style-type: none">소불고기당면덮밥⑤⑥유부김치국⑤⑨오이부추무침⑤⑥집게맛살튀김⑤⑥배추김치⑨	<ul style="list-style-type: none">친환경쌀밥간새우미역국⑨야채비빔만두①⑤⑥⑩떡갈비해물스틱①②⑤⑥⑧⑨⑩⑬⑭크림치즈이트번/소스①②⑤⑥⑩⑬배추김치⑨	<ul style="list-style-type: none">친환경쌀밥부대찌개②⑥⑨⑩부추잡채⑥⑩쌀떡고기완자채소볶음①②⑤⑥⑩⑬치즈품은두부케찹렛/마늘소스①⑤⑥배추김치⑨	<ul style="list-style-type: none">치킨마요덮밥①⑤⑥맑은우동국물①⑤⑥실곤약야채무침⑤⑥배추김치⑨피자햇도그①②⑤⑥⑩⑬요구르트②
석식	미운영	<ul style="list-style-type: none">친환경쌀밥청국장찌개⑤⑥⑨⑬오이양파초무침⑤⑥폴면야채무침⑤⑥삼겹살구이⑩배추김치⑨	<ul style="list-style-type: none">친환경쌀밥순대국⑥⑩참나물무침⑤스팸야채볶음②⑤⑥⑨⑩오징어김치전①⑥⑨배추김치⑨	<ul style="list-style-type: none">친환경특미밥다시마우육국⑤⑥알갈자조림⑤⑥검은깨두부/볶음김치⑤코코넛치즈돈까스/소스①②⑤⑥⑩⑬⑭열무김치	<ul style="list-style-type: none">친환경쌀밥시금치된장국⑤⑥미트볼케찹조림②⑤⑥⑩⑬연두부계란찜①⑤골뱅이야채무침⑤⑥배추김치⑨소면사리⑥	<ul style="list-style-type: none">친환경특미밥열갈이된장국⑤⑥양배추쌈/쌈장⑤⑥콩나물무침⑤제육볶음⑤⑥⑩배추김치⑨	<ul style="list-style-type: none">미니야채볶음밥②⑤⑥⑩잔치국수①⑥치커리사과무침열무김치미니햄버거①②⑤⑥⑩
	20	21	22	23	24	25	26
중식	<ul style="list-style-type: none">친환경쌀밥감자양파국근대나물제육볶음⑤⑥⑩네모피쉬케찹렛/비트드르소스①⑤⑥배추김치⑨	<ul style="list-style-type: none">비빔밥①⑤⑥배추들깨국검은깨두부탕수①⑤⑥⑩⑬치즈웨이자감⑬배추김치⑨우리밀칼슘초콜케익①②⑤⑥⑬	<ul style="list-style-type: none">친환경잡곡밥⑤참치김치찌개⑨⑬시금치나물만두랑뎡①⑤⑥⑩파채돈까스①②⑤⑥⑩⑬배추김치⑨	<ul style="list-style-type: none">제육덮밥⑤⑥⑩맑은콩나물국⑤고구마맛탕배추김치⑨새싹연두부샐러드⑤⑥흑초사과주스⑬	<ul style="list-style-type: none">친환경현미밥꽃게탕⑤⑥⑧열갈이배추나물어묵간장조림⑤⑥바삭한탕수육①⑤⑥⑩⑬⑭깍두기⑨	<ul style="list-style-type: none">친환경특미밥육개장①진미채조림④⑤⑥간장등뼈찜⑤⑥⑧⑩⑬실파김가루무침배추김치⑨	<ul style="list-style-type: none">돈까스카레덮밥②⑤⑥⑩유부된장국⑤⑥배추김치⑨블루베리&레몬요거케익①②⑤⑥⑬학교로간천도복숭아고구마번떡①⑤
석식	<ul style="list-style-type: none">고구마영양밥/양념장⑤⑥김치콩나물국⑤⑨해물야채전①⑥⑨⑬버터맛명태살튀김/타르드소스①⑤⑬배추김치⑨	<ul style="list-style-type: none">친환경쌀밥사골곰탕/소면사리⑥도토리묵상추무침⑤김치볶음⑨순살양념치킨⑤⑥⑩깍두기⑨	<ul style="list-style-type: none">친환경쌀밥간새우아욱된장국⑤⑥⑨숙주나물⑤짜장불고기⑤⑥⑩방울치즈떡볶이①②⑤⑥⑩열무김치	<ul style="list-style-type: none">작은밥팬이버섯된장국⑤⑥매콤해물볶음우동⑤⑥⑨단무지부추무침배추김치⑨숙가득낙작피자만두①②⑤⑥⑩⑬⑭	<ul style="list-style-type: none">친환경보리밥⑤⑥바지락칼국수⑤⑥⑬오징어김치전①⑥⑨파인화오리감자⑤열무김치무생채	<ul style="list-style-type: none">친환경쌀밥호박된장찌개⑤⑥⑨상추겉절이폴면야채무침⑤⑥삼겹살구이⑩배추김치⑨	<ul style="list-style-type: none">친환경쌀밥미역국⑨미트볼데리야끼조림②⑤⑥⑩⑬참나물무침⑤닭갈비②⑤⑥⑬배추김치⑨
	27	28	29	30			
중식	<ul style="list-style-type: none">친환경쌀밥맑은우동국물①⑤⑥크림스파게티①②⑥⑨⑩배추김치⑨미니피자①②⑤⑥⑩⑬⑭모듬야채피클레몬에이드주스	<ul style="list-style-type: none">친환경수수밥부대찌개②⑥⑨⑩폴면야채무침⑤⑥큐브참치어묵볶음①⑤⑥⑩⑬배추김치⑨야채계란말이①⑤	<ul style="list-style-type: none">친환경특미밥미역국⑨숙주나물⑤브로콜리수제소세지볶음②⑤⑥⑨⑩델리칸소새우⑤⑥⑧⑨⑩⑬깍두기⑨	<ul style="list-style-type: none">총무김밥⑬미니우동①⑤⑥일품감자삼만두⑤⑥⑩오징어초무침⑤⑥⑩배추김치⑨바나나크림치즈케익①②⑤⑥⑬			
석식	<ul style="list-style-type: none">친환경쌀밥동태찌개⑤비엔나푸살리케찜조림①②⑥⑩⑬참나물무침⑤궁중떡볶이⑤⑥배추김치⑨	<ul style="list-style-type: none">오므라이스①②⑤⑥⑩⑬맑은우동국물①⑤⑥단무지부추무침후라이드닭꼬치①⑤⑥⑩⑬배추김치⑨	<ul style="list-style-type: none">친환경쌀밥순대국⑥⑩콩나물조림⑤청양풍달걀볶음⑤⑥감자후레이크랑까스/레드커리소스①②⑤⑥⑩⑬⑭배추김치⑨	<ul style="list-style-type: none">친환경쌀밥시금치된장국⑤⑥김치볶음⑨참치야채볶음⑤열무김치알떡피자스테이크①②⑤⑥⑩⑬⑭			

* 알레르기 정보
- ① 난류, ② 우유, ③ 메밀, ④ 땅콩, ⑤ 대두, ⑥ 밀, ⑦ 고등어, ⑧ 계, ⑨ 새우, ⑩ 돼지고기, ⑪ 복숭아, ⑫ 토마토