

One Stop Senior Day Care Meal Plan



JANUARY 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
			1 CLOSED NEW YEAR'S DAY	2 BREAKFAST 1% or fat-free milk Blueberries, Boiled eggs Beef & veggie porridge SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Braised tofu, grilled mackerel Kimchi soup
5 BREAKFAST 1% or fat-free milk Diced apples, boiled eggs Chicken porridge SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	6 BREAKFAST 1% or fat-free milk Banana, Boiled eggs Veg porridge SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Fish cutlet Soybean tofu soup	7 BREAKFAST 1% or fat-free milk Blueberries, Boiled eggs Sesame Porridge SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	8 BREAKFAST 1% or fat-free milk Strawberries, Boiled eggs Beef porridge SNACK Orange, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	9 BREAKFAST 1% or fat-free milk Banana, Boiled eggs Vegetable porridge SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
12 BREAKFAST 1% or fat-free milk Blueberries, Boiled eggs Vegetable porridge SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	13 BREAKFAST 1% or fat-free milk Pear slices, Boiled eggs Abalone porridge SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	14 BREAKFAST 1% or fat-free milk Diced apples, Boiled eggs Pumpkin porridge SNACK Whole wheat crackers, LF yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	15 BREAKFAST 1% or fat-free milk Blueberries, Boiled eggs Chicken porridge SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	16 BREAKFAST 1% or fat-free milk Banana, Boiled eggs Sesame porridge SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
19 BREAKFAST 1% or fat-free milk Diced apples, Boiled eggs Red bean porridge SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	20 BREAKFAST 1% or fat-free milk Strawberries, Boiled eggs Beef & veggie porridge SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	21 BREAKFAST 1% or fat-free milk Banana, Boiled eggs Sesame porridge SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	22 BREAKFAST 1% or fat-free milk Pear slices, Boiled eggs Chicken porridge SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef bone broth	23 BREAKFAST 1% or fat-free milk Cantaloupe slices, Boiled eggs Vegetable porridge SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
26 BREAKFAST 1% or fat-free milk Cherries, Boiled eggs Sesame porridge SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Grilled mackerel Kimchi tuna soup	27 BREAKFAST 1% or fat-free milk Diced apples, Boiled eggs Beef porridge SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, seaweed Brown rice Omelet Ginseng chicken soup	28 BREAKFAST 1% or fat-free milk Blueberries, Boiled eggs Red bean porridge SNACK Banana, low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Fish cutlet Soybean tofu soup	29 BREAKFAST 1% or fat-free milk Banana, Boiled eggs Sesame porridge SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Brown curry with beef Miso soup	30 BREAKFAST 1% or fat-free milk Kiwi, Boiled eggs Vegetable porridge SNACK Diced apple, low fat yogurt LUNCH 1% or fat-free milk Bean sprouts, kimchi Brown rice Braised lean beef Seaweed soup

One Stop Senior Day Care Meal Plan



FEBRUARY 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	3 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Fish cutlet Soybean tofu soup	4 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	5 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	6 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Cantaloupe slices, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
9 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Chicken cutlet Seaweed soup	10 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	11 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	12 BREAKFAST 1% or fat-free milk Strawberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	13 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
CLOSED PRESIDENT'S DAY	17 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk	18 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk	19 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH	20 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
	Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
23 BREAKFAST 1% or fat-free milk Cherries Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Grilled mackerel Kimchi tuna soup	24 BREAKFAST 1% or fat-free milk Diced apples Beef porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, seaweed Brown rice Omelet Ginseng chicken soup	25 BREAKFAST 1% or fat-free milk Blueberries Red bean porridge Boiled eggs SNACK Banana, low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Fish cutlet Soybean tofu soup	26 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Brown curry with beef Miso soup	27 BREAKFAST 1% or fat-free milk Kiwi Vegetable porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Bean sprouts, kimchi Brown rice Braised lean beef Seaweed soup



One Stop Senior Day Care Meal Plan

MARCH 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	3 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Chicken cutlet Soybean tofu soup	4 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	5 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	6 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
9 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	10 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	11 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Cantaloupe slices, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	12 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Chicken cutlet Squash pancake, Spinach Bean sprout soup	13 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
16 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice	17 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice	18 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice	19 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli	20 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice

S. Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Braised chicken Bean sprout soup	Braised tofu Kimchi tuna soup	Soy braised lean beef Miso soup	Brown rice Seafood medley, Beef soup	Spicy lean pork Radish soup
23 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	24 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	25 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	26 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley, Beef soup	27 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
30 BREAKFAST 1% or fat-free milk Blueberries Beef & veggie porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Grilled mackerel Kimchi soup	31 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Chicken cutlet Soybean tofu soup			

S. Eun Sul

One Stop Senior Day Care Meal Plan



APRIL 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
		1 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	2 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Chicken cutlet Soybean tofu soup	3 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup
6 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	7 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	8 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	9 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	10 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
13 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice	14 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice	15 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice	16 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli	17 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice

S. Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Braised chicken Bean sprout soup	Braised tofu Kimchi tuna soup	Soy braised lean beef Miso soup	Brown rice Seafood medley Beef soup	Spicy lean pork Radish soup
20 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	21 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	22 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	23 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley, Beef soup	24 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
27 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Kiwi, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	28 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	29 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	30 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	

One Stop Senior Day Care Meal Plan



MAY 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
				1 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
4 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	5 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Banana, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	6 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	7 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	8 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
11 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk	12 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk	13 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk	14 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH	15 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk

S. Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
18 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	19 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	20 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	21 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	22 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
25 CLOSED MEMORIAL DAY	26 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	27 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	28 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	29 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup

One Stop Senior Day Care Meal Plan



JUNE 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Seasoned eggplant, kimchi Brown rice Seafood medley Beef radish soup	BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk	BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk	BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk	BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk	BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
22 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	23 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	24 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	25 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	26 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Seasoned eggplant, Seaweed Brown rice Spicy lean pork Radish soup
29 BREAKFAST 1% or fat-free milk Blueberries Beef & veggie porridge Boiled eggs SNACK Orange, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Braised tofu, grilled mackerel Kimchi soup	30 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup			

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One Stop Senior Day Care Meal Plan



JULY 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
		1 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	2 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	3 CLOSED INDEPENDENCE DAY
6 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed & cucumber cold soup	7 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	8 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	9 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	10 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Peach, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
13 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice	14 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned eggplant, kimchi Brown rice	15 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice	16 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli	17 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice

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One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Braised chicken Bean sprout soup	Braised tofu Kimchi tuna soup	Soy braised lean beef Seaweed & cucumber cold soup	Brown rice Seafood medley Beef soup	Spicy lean pork Radish soup
20 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi Brown rice Fish cutlet Bean sprout soup	21 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Grilled yellow croaker Kimchi tuna soup	22 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Seasoned eggplant, Kimchi Brown rice Lean pork Miso soup	23 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Omelet, Ginseng chicken soup	24 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Braised chicken Radish soup
27 BREAKFAST 1% or fat-free milk Blueberries Beef & veggie porridge Boiled eggs SNACK Grapes, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Braised tofu, grilled mackerel Kimchi soup	28 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Potato pancake, kimchi Brown rice Seafood medley Ox tail bone soup	29 BREAKFAST 1% or fat-free milk Strawberries Pumpkin porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Bean sprout soup	30 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	31 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Seaweed & cucumber cold soup

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One Stop Senior Day Care Meal Plan



AUGUST 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
3 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	4 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Spicy tofu soup	5 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	6 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	7 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Seaweed & cucumber cold soup
10 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	11 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	12 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Seaweed & cucumber cold soup	13 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	14 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Melon slices, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
17 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi	18 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi	19 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi	20 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk	21 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Melon slices, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed

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One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Brown rice Braised chicken Bean sprout soup	Brown rice Braised tofu Kimchi tuna soup	Brown rice Soy braised lean beef Spicy tofu soup	Squash pancake, Broccoli Brown rice Seafood medley Seaweed & cucumber cold soup	Brown rice Spicy lean pork Radish soup
24 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Cherries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	25 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	26 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	27 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Melon slices, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	28 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley, Beef soup
31 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup				

One Stop Senior Day Care Meal Plan



SEPTEMBER 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
	1 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	2 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	3 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup	4 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Cherries, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup
7 CLOSED LABOR DAY	8 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Spicy tofu soup	9 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	10 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	11 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
14 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Cherries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice	15 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice	16 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice	17 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice	18 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli

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One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Omelet Ginseng chicken soup	Grilled cuttlefish Soybean tofu soup	Seafood medley Beef radish soup	Braised chicken Bean sprout soup	Brown rice Seafood medley Beef soup
21 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	22 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	23 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	24 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	25 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
28 BREAKFAST 1% or fat-free milk Blueberries Beef & veggie porridge Boiled eggs SNACK Nectarine, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Braised tofu, grilled mackerel Kimchi soup	29 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Strawberries, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	30 BREAKFAST 1% or fat-free milk Strawberries Pumpkin porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Spicy tofu soup		

One Stop Senior Day Care Meal Plan



OCTOBER 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
			1 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	2 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
5 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	6 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Strawberries, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Spicy tofu soup	7 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Honeydew slices, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	8 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	9 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
12 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi	13 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi	14 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi	15 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk	16 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Grapes, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed

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One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Brown rice Braised chicken Bean sprout soup	Brown rice Braised tofu Kimchi tuna soup	Brown rice Soy braised lean beef Miso soup	Squash pancake, Broccoli Brown rice Seafood medley Beef soup	Brown rice Spicy lean pork Radish soup
19 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Nectarine, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	20 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Blueberries, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	21 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	22 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Melon slices, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	23 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley, Beef soup
26 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	27 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Banana, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	28 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Spicy tofu soup	29 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	30 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup

One Stop Senior Day Care Meal Plan



NOVEMBER 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
2 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	3 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Orange, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	4 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	5 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	6 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Persimmon, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
9 BREAKFAST 1% or fat-free milk Diced apples Chicken porridge Boiled eggs SNACK Kiwi, Low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Omelet Ginseng chicken soup	10 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Orange, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Spicy tofu soup	11 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	12 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	13 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
16 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi	17 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice	18 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice	19 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice	20 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Diced apples, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi

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One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Brown rice Sweet/sour chicken Seaweed soup	Soy braised lean beef Spicy tofu soup	Grilled yellow croaker Radish soup	Braised chicken Squash pancake, Spinach Bean sprout soup	Brown rice Bulgogi (lean beef) Tofu soybean soup
23 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	24 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	25 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	26 CLOSED THANKSGIVING DAY	27 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice Spicy lean pork Radish soup
30 BREAKFAST 1% or fat-free milk Cherries Sesame porridge Boiled eggs SNACK Nectarine, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Grilled mackerel Kimchi tuna soup				

One Stop Senior Day Care Meal Plan



DECEMBER 2026 (MENU #1)

MON	TUES	WED	THURS	FRI
	1 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Clementine, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	2 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	3 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	4 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, kimchi Brown rice Lean pork, bean sprout soup
7 BREAKFAST 1% or fat-free milk Blueberries Vegetable porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Sweet/sour chicken Seaweed soup	8 BREAKFAST 1% or fat-free milk Pear slices Abalone porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Coleslaw, kimchi, bean sprout Brown rice Soy braised lean beef Kimchi stew	9 BREAKFAST 1% or fat-free milk Diced apples Pumpkin porridge Boiled eggs SNACK Clementine, low fat yogurt LUNCH 1% or fat-free milk Pickled perilla leaves, kimchi Brown rice Grilled yellow croaker Radish soup	10 BREAKFAST 1% or fat-free milk Blueberries Chicken porridge Boiled eggs SNACK Pear slices, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, kimchi Brown rice Braised chicken Squash pancake, Spinach Bean sprout soup	11 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Japchae (mixed veggies), bokchoy, kimchi Brown rice Bulgogi (lean beef) Tofu soybean soup
14 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Clementine, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice	15 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice	16 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice	17 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli	18 BREAKFAST 1% or fat-free milk Cantaloupe slices Vegetable porridge Boiled eggs SNACK Kiwi, low fat yogurt LUNCH 1% or fat-free milk Shredded potato, Seaweed Brown rice

S. Eun Sul



One Stop Senior Day Care Meal Plan

MON	TUES	WED	THURS	FRI
Braised chicken Bean sprout soup	Braised tofu Kimchi tuna soup	Soy braised lean beef Miso soup	Brown rice Seafood medley Beef soup	Spicy lean pork Radish soup
21 BREAKFAST 1% or fat-free milk Diced apples Red bean porridge Boiled eggs SNACK Clementine, low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised chicken Bean sprout soup	22 BREAKFAST 1% or fat-free milk Strawberries Beef & veggie porridge Boiled eggs SNACK Cherries, low fat yogurt LUNCH 1% or fat-free milk Seasoned spinach, kimchi Brown rice Braised tofu Kimchi tuna soup	23 BREAKFAST 1% or fat-free milk Banana Sesame porridge Boiled eggs SNACK Blueberries, low fat yogurt LUNCH 1% or fat-free milk Mung bean sprouts, Kimchi Brown rice Soy braised lean beef Miso soup	24 BREAKFAST 1% or fat-free milk Pear slices Chicken porridge Boiled eggs SNACK Whole wheat crackers, low fat yogurt LUNCH 1% or fat-free milk Squash pancake, Broccoli Brown rice Seafood medley Beef soup	25 CLOSED CHRISTMAS DAY
28 BREAKFAST 1% or fat-free milk Blueberries Beef & veggie porridge Boiled eggs SNACK Persimmon, Low fat yogurt LUNCH 1% or fat-free milk Broccoli, kimchi Brown rice Braised tofu, grilled mackerel Kimchi soup	29 BREAKFAST 1% or fat-free milk Banana Vegetable porridge Boiled eggs SNACK Kiwi, Low fat yogurt LUNCH 1% or fat-free milk Shiitake mushroom, kimchi Brown rice Grilled cuttlefish Soybean tofu soup	30 BREAKFAST 1% or fat-free milk Blueberries Sesame Porridge Boiled eggs SNACK Banana, Low fat yogurt LUNCH 1% or fat-free milk Squash pancake, kimchi Brown rice Seafood medley Beef radish soup	31 BREAKFAST 1% or fat-free milk Strawberries Beef porridge Boiled eggs SNACK Whole wheat crackers, Low fat yogurt LUNCH 1% or fat-free milk Cabbage salad, kimchi Brown rice Braised tofu, Miso soup	