

NUTRITION MENU PLAN

KOREAN MENUS

**N.Y.C. DEPARTMENT FOR THE AGING
BUREAU OF COMMUNITY SERVICES
NUTRITION SERVICES**

MENU ITEMS	1	2	3	4	5	6	7
APPETIZER (optional) Juice,soup,other	Soy Bean Soup	Cabbage Soup	Bean Sprout Soup	Seaweed Soup	Radish Soup	Fish Soup	Seaweed Soup
MAIN DISH: Meat, fish, poultry, cheese or alternate 3 oz. cooked edible serving If served, rice or pasta – ½cup	Stir Fry Beef	BBQ Chicken Leg	Boneless Pork Bul Go Gi	Stir Fry Boneless Chicken Breast	Steamed Fish	Beef Bul Go Gi	Boneless chicken w/Bean Curd
	Steamed Rice 8 oz.	Steamed Rice 8 oz.	Steamed Rice 8 oz.	Chap Chae 6 oz. Steamed Rice 4 oz..	Steamed Rice 8oz..	Steamed Rice 8 Oz.	Chap Chae 6 oz. Steamed Rice 4 oz.
VEGETABLES & FRUITS* Two (2) half cups required daily	Spinach 4 oz. Cucumber/Radish 4oz Kim Chee 2 oz.	Broccoli 4 oz. Tomatoes 4 oz. Kim Chee 2 oz.	Radish/Cucumber 4 oz Kale 4 oz. Kim Chee 2 oz.	Carrots 4 oz. Bean Sprouts 4 oz. Kim chee 2oz.	Kale 4 oz. Let./Tomato 4 oz. Kim Chee 2 oz.	Broccoli 4 oz. Chicory 2 oz. Kim Chee 2 oz.	Zucchini 4 oz Bell Pepper 4 oz. Kim Chee 2 oz.
BREAD: (Whole Grain or Enriched) One (1) serving daily.							
MARGARINE OR BUTTER: One (1) tsp. daily.							
DESSERT: ½cup daily	Fresh Orange	Apple	Cantaloupe	Kiwi 1 Med.	Tangerine	Fresh Orange	Kiwi 1 Med.
MILK: 8 oz.	Milk	Milk	Milk	Milk	Milk	Milk	Milk

(*) You must serve a high source of Vitamin C on a daily basis and a high source of Vitamin A three (3) times per week. These nutrients can be obtained either from your VEGETABLES & FRUITS servings or the DESSERT.