



GIST 제1학생식당 주간식단표



* 상기 식단은 시장 수급 상황 또는 식당 사정에 따라 달라질 수 있습니다.*

2021년 11월 한빛케터링

★	11월 15일(월)	11월 16일(화)	11월 17일(수)	11월 18일(목)	11월 19일(금)	11월 20일(토)	11월 21일(일)
조식	Black rice ⑦ Shrimp Seaweed soup ① Scrambled eggs ⑩Vienna mushroom Stir-fry Braised spicy potatoes. Broccoli* Korean gochugang sauce cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice ⑩Bean sprout soup. ①Fried eggs. ⑩pork boiled down in soy sauce ②③pork pancake Seasoned garlic bell cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice ⑩Soybean soup + dried radish leaves ① Scrambled eggs ⑩Braised meatballs. ⑩Grilled tofu.*Sauce Seasoned vegetables cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice Dried pollack radish soup. ⑩Steamed eggs and vegetables. ⑩Pork bulgogi. ⑩Braised beans. Vegetable salad*D cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice ⑩Pumpkin soybean paste soup ① Scrambled eggs ⑩Grilled short rib patties Broccoli oyster water. Sea tangle* Korean gochugang sauce cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice Udon Soup ①Fried eggs. ⑩Grilled spam. ⑩Stir-fried fish cake. seasoned laver cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D	Black rice ⑩Spicy soybean paste soup. ①Fried eggs. ⑩Chicken nugget* mustard. ⑩Braised radish with shrimp. Seasoned cucumbers cabbage kimchl ②③Cereal*Milk Toast*Jam Vegetable salad*D
	중식	Black rice ⑦ Shrimp Seaweed soup ⑩⑩Soy sauce Steamed chicken ⑩Kkanpung bean curd Seasoned dried radish greens sesame leaf seasoning cabbage kimchl	Black rice ⑩Bean sprout soup. curry and rice Spicy Bolled pumpkin lotus root Black sesame sauce. Seasoned dried radish. cabbage kimchl	Black rice ⑩Soybean soup + dried radish leaves ⑩⑩Bean sprouts pork bulgogi. ⑩Green bean stir-fried potato Youngyeop's debt needle. Vegetable wraps.*Sauce cabbage kimchl	Black rice Dried pollack radish soup. ⑩⑩Snowflake cheese Hamburg steak. Mushrooms Yusanseu Cabbage soybean paste sprouts. Coleslaw salad. cabbage kimchl	Black rice ⑩Pumpkin soybean paste soup ⑩Steamed backbone. rice cake skewer,Sausage rice cake skewer ⑦Shrimp Radish sprouts ⑩Soybean paste Fresh kimchi cabbage kimchl	Black rice Udon Soup ⑩Chicken stew. ⑩Fried vegetables. ⑩Braised beans. Jelly Cabbage mustard salad. cabbage kimchl
일품	① omelet rice ⑩Grilled sausages.	⑩Anchovy noodles. ⑩⑩Seasoned soy sauce Fried chicken.	Foundation anniversary. I don't operate it.	⑩Beef bone rice cake dumpling soup Yogurt	⑩⑩ Chicken chopped noodles ⑩⑩Handmade meat dumpling	♡	♡
석식	Black rice Udon Soup ⑩Grilled short rib patties. Ramen stir-fried Rice Cake Seasoned dried radish. Vegetable salad.*D cabbage kimchl	Black rice ⑩clear soup with dumplings ⑩Stir-fried pork and kimchi. ⑩⑩Sausage pancake. Seasoned acorn Jelly and vegetables seasoned laver cubed radish kimchl	Black rice ⑩Kimchi fish cake soup. ⑩Chicken cutlet.*Sauce ⑩Braised shrimp radish ⑩ Bean sprouts mustard salad. Vegetable salad.*D cabbage kimchl	Black rice ⑦ Shrimp Seaweed soup ⑩Stir-fried teriyaki chicken. sweet pumpkin Sweet potato salad Bean sprouts Seaweed flakes Seasoned dried radish cabbage kimchl	Black rice Kimchl tofu soup Black bean sauce rice ⑩⑩Sweet and sour pork. Stir-fried seaweed stem. Seasoned pickled radish cabbage kimchl	Black rice Radish Perilla seed soup. ⑩red pepper paste Pork bulgogi ⑩⑩Boiled dumplings.*Soy sauce Stir-fried potato salad. Vegetable wraps.*Sauce cabbage kimchl	Black rice ⑩Bean sprout soup. ⑩Pork braised tofu. ⑩⑩Meatball fish cake gangjeong. ⑩Stir-fried fish cake and vegetables Radish salad cabbage kimchl

★원산지표시★

쇠고기(호주산)돈육(국내산)돈뺀(수입산)삼겹살(독일산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★알레르기 유발식품 (Allergy-induced food labelling guidance)★

①난류(egg), ②우유(milk),③메밀(buckwheat),④대두(soybean), ⑤땅콩(peanut), ⑥밀(wheat), ⑦새우(shrimp), ⑧돼지고기(pork), ⑨닭고기(chicken), ⑩쇠고기(beef), ⑪오징어(squid), ⑫고등어(mackerel) ⑬조개류(shellfish)⑭토마토(tomato)⑮아황산염(sulphite)