

GIST 제1학생식당 주간식단표

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

2021년 12월

*everyday salad bar operation

★	12월 27일(월)	12월 28일(화)	12월 29일(수)	12월 30일(목)	12월 31일(금)
breakfast	black rice shiraegi miso soup fried egg1 stir-fried pork kimchi tofu with rofu spinach greens cabbage kimchi serial*milk toast*jam vegetable salad	black rice bean sprout soup fried egg2 sweet and sour pork stewed shrimp radish seaweed grill cabbage kimchi serial*milk 3 toast*jam vegetable salad	black rice shrimp seaweed soup fried egg3 stewed vienna quail egg stewed potatoes stir-fried seaweed stem cabbage kimchi serial*milk 4 toast*jam vegetable salad	black rice kimchi tofu soup fried egg4 steamed chicken bean sprouts radish cabbage kimchi serial*milk 5 toast*jam vegetable salad	black rice udon soup fried egg5 meatball stew grilled tofu pickled peppper cabbage kimchi serial*milk 6 toast*jam vegetable salad
중식	black rice stone pot- pork soup popcorn chicken sausage rolls radisg top cabbage kimchi	black rice chicken kalguksu bone kimchi steamed grilled tofu steamed sweet potato cabbage kimchi	black rice pork kimchi fried rice pork japchae hotdog pickled vegetables kimchi/bean sprout soup	black rice pork bulgogi dumpling sweet and sour spinach greens lettuce*chicory kimchi/shiraege miso soup	black rice pork cutlet bibim ramem morning bread*jam stir-fried fish cake kimchi/udon soup
샐러드바	fruit	vegetable salad	lemon tea	fruit salad	vegetable salad
석식	black rice fish cake soup garlic sauce pork bulgogi fried spring rolls potato stir-fry wrapped vegetables cabbage kimchi	black rice shiraegi miso soup mapo tofu fish sutlet radesh top five welfare acupuncture cabbage kimchi	black rice shrimp seaweed soup fried chicken sweet potato mattang tofu with tofu dried radish radish cabbage kimchi	black rice kimchi tofu soup pork pork chop stir-fried fish cake soybean seaweed powder pickled radish cabbage kimchi	black rice bean sprout soup stewed tteokgalbi water dumplings soybean stew pickled peppper cabbage kimchi

★ 원산지 표시 ★

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

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

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(sulfite)