



# GIST 제1학생식당 주간식단표



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

2022년 1월

\*상시 샐러드바 운영합니다

★	01월 03일(월)	01월 04일(화)	01월 05일(수)	01월 06일(목)	01월 07일(금)
lunch	black rice /drumstick soup	black rice/shrimpseaweed soup 7	black rice	black rice/shiraegi miso soup	black rice/mini udon noodles
	<b>creamy spaghetti 9</b>	<b>8pork boil*uncooked noodle</b>	<b>clam sundubu stew4.8</b>	<b>egg pork cover rice</b>	<b>chicken fried seasoning 9</b>
	chicken tangsuyuk 9	bean sprouts	fish cutlet	fried squic*settuce	jjajang noodle 8
	bacon potato stew 8	pickled radish dried radish	mudhroom broccoli stew	stewed lotus root bean	radishherbs
	tribal sprouts	ssam cabbage	water blue radish pickled	stir-fried seaweed stem eomuk	five welfare acupundture
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
salad bar	green salad	lemon tea	fruit	cinnamon tea	caesar salad
dinner	black rice	black rice	black rice	black rice	black rice
	chicken yurgaejang 9	beef soup 10	shrimp seaweed soup7	kimchi bean sprouts soup	perilla sujebi
	pork quail dgs boeled1,8	grilled tteokgalbi 8,9	steamed chicken 8	curry rice 8	pork kimchi stir-fry8
	fried spring rolls	japchae 8	sausage rolls 1,8	chicken cutlet yuringi9	steamed tofu 4
	host greens	pickled tofu stew 4	spinach greens	stir-fried fish cake	fried ham and potatoes8,9
	vegetables raw	pickled pepper	vegetables raw	pickled radish dried radish	grilled laver
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뽀(국내산)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)