



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	04월 11일(월)	04월 12일(화)	04월 13일(수)	04월 14일(목)	04월 15일(금)
breakfast	cream soup*black rice bean sprout soup fried egg grilled tteokgalbi stewed potatoes stir-fried broccoli cabbage kimchi serial*milk toast*jam vegetable salad*D	cream soup*black rice shrimp seaweed soup fried egg stir-fried pork croquettes*ketchup mugwort pickled cabbage kimchi serial*milk toast*jam vegetable salad*D	cream soup*black rice kimchi tofu soup fried egg chicken cutlet stir-fried fish cake soybean stew cabbage kimchi serial*milk toast*jam vegetable salad*D	cream soup*black rice drumstick soup fried egg hamburger chop steak sausage grill pickled pepper cabbage kimchi serial*milk toast*jam vegetable salad*D	cream soup*black rice shiraegi miso soup fried egg stewed vienna quail eggs dumpling*soy sauce pickled leek cabbage kimchi serial*milk toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	steamed pork*dumpling	flower bud rice	pork rib stew	bean sprout soup*cheese ball	cheese kimchi fried rice *fried egg
	watercress noodle soup	ham sweet and sour	sweet potato fries	fried chicken	fish cutlet
	stir-fried fish cake	stir-fried rice cakes	spinach greens	potato butter roast	married couple naengchae
	bean sprout soup cabbage kimchi garnished with leek perilla	shrimp seaweed soup cabbage kimchi pickled vegetables	seaweed salad cabbage kimchi strawberry juice	five welfare acupuncture cabbage kimchi green salad	shiraegi miso soup cabbage kimchi pickled vegetables
single menu	homemade pork cutlet (soup*bread*fruit*salad)	homemade pork cutlet (soup*bread*fruit*salad)	homemade pork cutlet (soup*bread*fruit*salad)	homemade pork cutlet (soup*bread*fruit*salad)	homemade pork cutlet (soup*bread*fruit*salad)
dinner	black rice beef radish soup chicken cutlet noodle uncooked seasoned host garlic pickled pickles cabbage kimchi	black rice chicken yulgaejang stewed pork quail eggs clinkle cut anchovy bean stew five welfare acupuncture cabbage kimchi	black rice shiraegi miso soup pork belly kimchi steamed grilled tofu chicory yuzu pickle lunch box laver radish kimchi	black rice shrimp seaweed soup stir-fried garlic pork croquettes stir-fried fish cake wrapped vegetables*miso cabbage kimchi	black rice tofu kimchi soup grilled cilery tteokgalbi bibim ramen pickled leek stir-fried purple cabbage kimchi

★ 원산지표시 ★

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★ 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(sulfite)