



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	07월 04일(월)	07월 05일(화)	07월 06일(수)	07월 07일(목)	07월 08일(금)
breakfast	black rice bean sprout soup fried egg1 vienna sausage stewed potatoes pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice homemade secret soup fried egg1 fried chicken sausage rolls pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice pumpkin miso soup fried egg1 curry rice chicken cutlet acorn jelly cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 stir-fried pork kimchi stir-fried ball fish cake lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 meatball stew nash brown five welfare acupuncture cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice stir-fried chicken ribs dumpling sweet water stir-fried seaweed stem bean sprout soup cabbage kimchi lettuce*miso	black rice marbled noodle grilled tteokgalbi lemon seaweed pickle homemade secret soup cabbage kimchi fertilization	black rice tomato pork bowl croquettes chilli seasoning pumpkin miso soup cabbage kimchi amber bean soup	black rice chicken noodles pork tofu stew fried ham and potatoes pickled radish cabbage kimchi sandwich	black rice backbone soup cheese potatoes stir-fried anchovies bean sprouts cabbage kimchi cucumber stick
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice shiraegi miso soup steamed pork belly with kimchi tofu*sauce pumpkin sprouts lunch box laver cabbage kimchi	black rice champon dumpling soup pork cutlet stew pickled cucumber soybean stew kelp*red pepper paste radish kimchi	black rice cucumber cold soup hamburg steak stir-fried quail egg rice cake stir-fried fish cake five welfare acupuncture cabbage kimchi	black rice shiraegi miso soup fried chicken sweet potato soup host greens dried radish cabbage kimchi	black rice bean sprouts soup stir-fried squid pork mini pork cutlet stir-fried oyster mushrooms chilli seasoning cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(국내산)삼겹살(미국산),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(sulfite)