



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	07월 18일(월)	07월 19일(화)	07월 20일(수)	07월 21일(목)	07월 22일(금)
breakfast	black rice udon soup fried egg1 hamburg steak round dumplings pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 grilled chicken legs sausage stew pickled vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 steamed sundae mini pork cutlet stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice udon soup fried egg1 vienna sausage quail eggs potato stir-fry pickled leek cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice fried egg1 chicken cutlet stir-fried vermicelli dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice chicken cutlet pasta stewed tteokgalbi stir-fried fish cake udon soup cabbage kimchi tomato salad	black rice pork belly mayo bowl rice pork tofu stew dried radish shiraegi miso soup cabbage kimchi mixed grain powder	black rice pork backbone soup chicken popcorn fried rice cake stir-fried seaweed stem cabbage kimchi pickled vegetables	black rice radish noodle*frozen pork dumpling sweet water stir-fried broccoli mushrooms pickled rdish cabbage kimchi fresh kelp	black rice pork cheese sandwich stir-fried pork kimchi potato stir-fry bean sprout soup cabbage kimchi cola slush
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew garlic mayo meatballs bread churros bean sprouts five welfare acupuncture cabbage kimchi	black rice seaweed soup fried chicken bibim noodle soybean stew pickled sesame leaves radish kimchi	black rice tofu kimchi soup curry rice hamburg steak chilli leaf heb dried radish cabbage kimchi	black rice potato sujebi soup pork cutlet stir-fried pork eggplant marinated tofu vegetable salad*D cabbage kimchi	black rice fish cake soup tteokgalbi macaroni water dumplings stir-fried anchovy five welfare acupuncture cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(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)