



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	10월 24일(월)	10월 25일(화)	10월 26일(수)	10월 27일(목)	10월 28일(금)
breakfast	black rice udon soup fried egg1 stir-fried pork kimchi mini pork cutlet pumpkin sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice miso soup fried egg1 tteokgalbi dumpling sausage stew broccoli cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 pork cutlet stew sauteed frank sausage host greens cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 fried chicken croquettes soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 vienna quail egg stewed tofu stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	jajangmyeon*freid egg *cheese	marbled stone pot miso soup	flying fish roe stone pot rice	rice cake fish cake soup	backbone soup
	chicken cutlet	roast meat	sweet potato fries	pork and sweet water	meatball ratatouille
	potato stem stew udon soup cabbage kimchi green salad	water wave fry bean sprouts cabbage kimchi ssam cabbge* lettuce	seafood japchae seaweed soup cabbage kimchi lemonade	stewed pumpkin pickled radish cabbage kimchi green salad	stir-fried green bean fish cake dried radish cabbage kimchi lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew* ramen stewed meatballs squid and pumpkin stir-fry soybean stew pickled pepper cabbage kimchi	black rice champon dumpling soup egg custard eggplant sugar stir-fried fish cake pickled radish cabbage kimchi	black rice pork bean soup stew chicken cutlet tteokbikki stir-fried anchovy lunch box laver cabbage kimchi	black rice seaweed soup stir-fried pork stir-fried potatoes dried radish ssam cabbge*lettuce cabbage kimchi	black rice udon soup curry rice chicken nuggets fried tofu flavored cold vegetables dried radish 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 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)⑮야황산염(sulgate)