



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	10월 31일(월)	11월 01일(화)	11월 02일(수)	11월 03일(목)	11월 04일(금)
breakfast	black rice shireagi miso soup fried egg1 roast meat stewed radish lunch box laver cabbage kimchi serlal*millk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 chicken cutlet stir-fried mushrooms pickled pepper cabbage kimchi serlal*millk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried pork grilled tofu dried radish cabbage kimchi serlal*millk2 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 pork and quail eggs stewed potatoes stir-fried seaweed stem cabbage kimchi serlal*millk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 hamburger steak stir-fried fish cake meat dumplings cabbage kimchi serlal*millk2 toast*jam vegetable salad*D
	black rice flying fish roe kimchi fried rice *grill sausage* fried egg dumpling sweet water bean sprouts shireagi miso soup cabbage kimchi green salad	black rice chicken gangjeong *pork cutlet kimbap stewed shrimp radish garlic pickled udon soup cabbage kimchi yogurt	black rice grilled pork belly bibimbap hamburger chop steak stir-fried anchovy shrimp seaweed soup cabbage kimchi ssam cabbage*miso	black rice beef bone sundae soup vienna quail eggs eggplant sugar pickled radish cabbage kimchi green salad	black rice stir-frie pork*noodle fish cake tteokbokki spinach greens fresh kelp cabbage kimchi lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice kimchi stew pork sweet dna sour bibim noodles soybean stew fresh kelp cabbage kimchi	black rice shireagi miso soup stir-fried pork kimchi steamed tofu stir-fried anchovy lunch box laver cabbage kimchi	black rice backbone soup chilli fan stir-fried frank fish cake host greens pickled radish cabbage kimchi	black rice homemade secret soup fried chicken croquette lemon seaweed sauce pickled pepper cabbage kimchi	black rice udon soup jjajang sauce fish cutlet garlic pickled green salad 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(sulphite)

