



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	11월 28일(월)	11월 29일(화)	11월 30일(수)	12월 01일(목)	12월 02일(금)
breakfast	black rice bean sprouts soup fried egg1 curry rice braised meatballs seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 stir-fried chicken croquettes spinach greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 hamburg chop steak stir-fried ham and vegetables soybean stew cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 vienna quail eggs meat dumplings stir-fried potatoes cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 grilled tteokgalbi braised tofu lunch box laver cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	pork belly mayo rice	charcoal-flavored pork noodles	stir-fried chicken ribs	marbled jjambong*ramen	pork stew
	tteokbokki	sweet and sour pork	pumpkin herb	meat loot nanja wans	fish cutlet
	stir-fried fish cake bean sprouts soup cabbage kimchi broccoli*wrapped kelp	stir-fried frank fusilli seasoned with water cabbage kimchi pineapple	cucumber and leek salad udon soup cabbage kimchi ssam cabbage*miso	stir-fried anchovy dried radish cabbage kimchi mandarin	bean sprouts shireagi miso soup cabbage kimchi lemonade
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice back bone soup chicken cutlet yuringi bibim jjolmyeon noodle soybean stew mandarin cabbage kimchi	black rice fish cake soup stir-fried pork kimchi fried sausage stir-fried tofu seasoned lunch box laver cabbage kimchi	black rice beef seaweed soup tomato spaghetti stir-fried fish cake pickle cucumber shrimp chips cabbage kimchi	black rice shireagi miso soup stir-fried pork fried spring rolls stir-fried seaweed stem ssam cabbage*miso cabbage kimchi	black rice bean sprouts soup stir-fried chilli chicken stir-fried anchovy broccoli*pepper paste pickled radish cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺨(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)