



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	12월 05일(월)	12월 06일(화)	12월 07일(수)	12월 08일(목)	12월 09일(금)
breakfast	black rice kimchi tofu soup fried egg1 stir-fried chicken stir-fried potato pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice miso soup fried egg1 chicken cutlet stir-fried fish cake pickled cucumber leek cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 grilled tteokgalbi spinach greens seaweed tofu cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 braised pork and quail eggs chicken nuggets vegetable side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 tuna kimchi stir-fry mini pork cutlet lunch box laver cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice bag ham stew*ramen grilled meat cheest potato soybean stew cabbage kimchi green salad	black rice marbled soybean paste stew shireagi steamed backbone sausage stew roasted seaweed*soy sauce cabbage kimchi raw radish	black rice pork belly bean sprout rice *seasoned soy sauce chicken cutlet yuringi japchae shrimp seaweed soup cabbage kimchi lemonade	black rice grilled pork sausages bibim noodle spinach greens shireagi miso soup cabbage kimchi ssam vegetable*miso	black rice kimchi noodles *chicken fried braised pork tofu beet radish pickle stir-fried seaweed stem cabbage kimchi green salad
lunch	black rice bag ham stew*ramen grilled meat cheest potato soybean stew cabbage kimchi green salad	black rice marbled soybean paste stew shireagi steamed backbone sausage stew roasted seaweed*soy sauce cabbage kimchi raw radish	black rice pork belly bean sprout rice *seasoned soy sauce chicken cutlet yuringi japchae shrimp seaweed soup cabbage kimchi lemonade	black rice grilled pork sausages bibim noodle spinach greens shireagi miso soup cabbage kimchi ssam vegetable*miso	black rice kimchi noodles *chicken fried braised pork tofu beet radish pickle stir-fried seaweed stem cabbage kimchi green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice shireagi miso soup kimchi stir-fried pork belly grilled tofu pickled cucumber lunch box laver cabbage kimchi	black rice beef bone rice cake dumpling braised pork and quail eggs bibim noodle pickled five radish yogurt cabbage kimchi	black rice soft tofu jjamppong soup sweet and sour pork tteokbokki broccoli*red pepper paste pickled radish cabbage kimchi	black rice udon soup curry rice hamburg chop steak stir-fried anchovy dried radish cabbage kimchi	black rice pork kimchi stew chicken cutlet stir-fried fish cake soybean stew green salad 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(sulphite)

