



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	03월 20일(월)	03월 21일(화)	03월 22일(수)	03월 23일(목)	03월 24일(금)
breakfast	black rice udon soup fried egg1 chicken cutlet braises tofu cucumber dressing cabbage kimchi serial*milk1 toast*jam	black rice shireagi miso soup fried egg1 stir-frie chicken fried sausage pickled pepper cabbage kimchi serial*milk1 toast*jam	black rice bean sprouts soup fried egg1 stir-fried pork croquettes lettuce side dish cabbage kimchi serial*milk1 toast*jam	black rice shrimp seaweed soup fried egg1 sweet and sour pork braised meatballs cabbage side dish cabbage kimchi serial*milk1 toast*jam	black rice kimchi tofu soup fried egg1 curry rice grilled meat soybean stew cabbage kimchi serial*milk2 toast*jam
	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D
lunch	black rice fish cake udon noodle	black rice pork belly bean sprouts rice	black rice poo pad pong curry *takoyaki	black rice pork omurice	black rice pork tofu stew
	stir-fried pork	sundae meatball gamgjeong	steamed backbone	chilli chicken popcorn	sweet and sour dumplings
	kimchi pancake	stir-fried ramen	stir-fried fish cake	chicory citron seasoned	sausage japchae
	pickled radish seasoning cabbage kimchi lemonade	shireagi miso soup cabbage kimchi cabbage side dish	kimchi soft tofu soup cabbage kimchi seasoned water parsley radish	shrimp seaweed soup cabbage kimchi cherry coke	five blessings cabbage kimchi green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew grilled meat cheese tteokbokki host herbs seasoned dried radish cabbage kimchi	black rice chicken seaweed soup stir-fried pork kimchi mini pork cutlet silken tofu grilled green laver cabbage kimchi	black rice sundae bean sprouts soup chicken cutlet pork japchae soybean stew green salad cabbage kimchi	black rice beef soup fine hamburger steak bibim noodles stir-fried anchovy five blessings cabbage kimchi	black rice udon soup stir-fried chicken stir-fried seaweed stem stir-fried fish cake dried radish cabbage kimchi

★ 원산지표시 ★

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)⑮야황산염(sulgate)