



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	05월 15일(월)	05월 16일(화)	05월 17일(수)	05월 18일(목)	05월 19일(금)
breakfast	black rice sireagi miso soup fried egg1 stewed meat stir-fried tuna udon cucumber dressing cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi bean sprouts soup fried egg1 pork chop steak meat dumplings lettuce side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 chicken nuggets braised tofu stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork stir-fried fish cake seasoned bean sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 hamburg chop steak boiled potatoes soft tofu*miso cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	black rice stir-fried pork*noodles fried bread bean sprouts seasoned sireagi miso soup cabbage kimchi lettuce*miso	black rice pork belly chashu rice bowl chicken cutlet yuringi pumpkin herb kimchi bean sprouts soup cabbage kimchi vegetable side dish	black rice hot radish bibimrice *pork meat butter potatoes soybean stew shrimp seaweed soup cabbage kimchi mixed grain powder	black rice tuna tofu sushi *marbled noodles curry rice stir-fried anchovy udon soup cabbage kimchi seasoned dried radish
fixed menu	<b>homemade pork cutlet8(soup*bread*juice*salad)</b>				
dinner	black rice homemade fat dumpling soup meat spaghetti chicken cutlet cucumber dressing green salad cabbage kimchi	black rice back bone soup braised meatballs egg custard leek side dish lemonade cabbage kimchi	black rice egg soup stir-fried pork stir-fried fish cake seasoned dried radish lettuce*miso cabbage kimchi	black rice bag stew sweet and sour pork fried tofu stir-fried myeongyeopchae cucumber dressing cabbage kimchi	black rice beef soup chili pepper stir-fried ham stir-fried anchovy vegetable side dish cabbage kimchi

★ 원산지표시 ★

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★ 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(sulfite)