



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	06월 19일(월)	06월 20일(화)	06월 21일(수)	06월 22일(목)	06월 23일(금)
breakfast	black rice shrimp seaweed soup fried egg1 Grilled meat Braised tofu Tomato cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi Tofu Soup fried egg1 Braised chicken potatoes Stir-fried fish cake and vegetable Geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 Braised Pork and Kimchi Mini pork cutlet laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 Chicken Nugget*Mustard Braised bacon and potatoes Seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 Bulgogi Stir-fried anchovies Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice Fire-flavored pork wrap*bibimnoodle Steamed eggs Braised potatoes with soy sauce shrimp seaweed soup cabbage kimchi ettuce*miso	black rice Beef Bibimbap Braised quail eggs with pork Chicken popcorn*Mustard Tuna and Kimchi Jjigae cabbage kimchi Seasoned Radish	black rice Cold bean-soup noodles*fried shrimp cheese stir-fried chicken Stir-fried anchovy Pickled radish cabbage kimchi Seasoned cucumber onion	black rice pork and rice soup *waffle churros sundae steamed red pepper seasoning Sea tangle*Sauce cabbage kimchi mixed grain powder	black rice Chicken curry and rice steamed backbone Fried eggplants*Wasabi sauce bean sprouts soup cabbage kimchi laver
	homemade pork cutlet8(soup*bread*juice*salad)				
fixed menu					
dinner	black rice beef brisket miso soup Hamburger chop steak Tteokbokki Mushroom and pumpkin greens seasoned dried radish cabbage kimchi	black rice Chicken Soup Braised meatballs pork japchae soybean stew vegetable side dishes cabbage kimchi	black rice siraegi miso soup Red Chili Paste Pork Bulgogi water dumplings host herbs lettuce*miso cabbage kimchi	black rice Udon miso Soup stir-fried chicken bibim noodle leek side dish five blessings cabbage kimchi	black rice shrimp seaweed soup braised tofu grilled tteokgalbi Dried Radish Salad Yogurt 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(sulfite)