



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	07월 03일(월)	07월 04일(화)	07월 05일(수)	07월 06일(목)	07월 07일(금)	
breakfast	black rice Kimchi Tofu Soup fried egg1 Braised Vienna quail eggs Braised tofu and anchovies Pickled Cucumber Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 Jeyuk bokkeum braised beans Geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 Pork cutlet Stir-fried fish cake Bean Sprout Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 Stir-fried tuna and vegetables Chicken Nugget*Mustard Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi mi fried e Braised Spicy c pumpkin Cucumber cabbage serial* toast* vegetable	
lunch	black rice Cheese budae jjigae*noodle red pepper cream hamburger steak a jam sandwich Lemonade cabbage kimchi Salad*d	black rice Cold Kimchi Noodles Pork bossam Stir-fried Seaweed Stems Dried Radish Salad cabbage kimchi lettuce*miso	black rice Pu phat phong Curry Fried Chicken Braised squid roe potatoes shrimp seaweed soup cabbage kimchi braised beans	black rice Beef brisket spaghetti Chili kkanpunggi Braised tofu and anchovies Cold bean sprout soup cabbage kimchi Geotjeori	black : Garlic pork Steamed Seasoned eggplar siraegi mi cabbage l lettuce*	
	homemade pork cutlet8(soup*bread*juice*salad)					
	fixed menu					
dinner	black rice Cilled Cucumber and Seaweed Soup Braised Short Ribs Dumpling Stir-fried fish cake Seasoned Radish cabbage kimchi	black rice Pork and Kimchi Jjigae Tuna and Mayonnaise Rice Braised pork tofu Bean sprouts Seaweed Salad cabbage kimchi	black rice siraegi miso soup Braised Pork and Kimchi Steamed tofu Fried tofu meat salad Lemonade cabbage kimchi	black rice shrimp seaweed soup Spicy stir-fried chicken Fried vegetable spring roll Softly weak brisket Geotjeori cabbage kimchi	black bean spro Black Soybe Chicken cutle Seasoned c Dried Radi: cabbage	

★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)⑮아황산염(sulfite)



일(금)
rice
so soup
egg
chicken stew
greens
salad
kimchi
jam
salad*D
rice
with rice
leggs
bean sprouts
so soup
kimchi
miso
rice
so soup
soybean Sauce
mustard
cucumber
Salad
kimchi

