



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	07월 10일(월)	07월 11일(화)	07월 12일(수)	07월 13일(목)	07월 14일(금)
breakfast	black rice bean sprouts soup fried egg1 Stir-fried Pork and Kimchi Steamed tofu Stir-fried sausage and vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 Stir-fried chicken noodles Boiled dumplings Seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 Chicken Nugget*Mustard Braised meatball deriyaki Geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 Jeyuk bokkeum Stir-fried fish cake red pepper soybean paste cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi Tofu Soup fried egg1 Hamburger chop steak Braised potatoes Grilled seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	black rice Samgyetang pork japchae Bean sprouts Pickled Cucumber Salad cabbage kimchi Seasoned red pepper soybean paste	black rice Grilled pork belly meat Stir-fried Shredded Potatoes Dried Radish Salad siraegi miso soup cabbage kimchi lettuce*miso	black rice Cold bean-soup noodles Braised Short Ribs fried spring rolls Mushroom and pumpkin greens cabbage kimchi Pickled radish with chives	black rice Fried egg with cheese and kimchi fried rice stir-fried chicken Stir-fried red pepper fish cake Udon miso Soup cabbage kimchi vegetable salad*D
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice budae jjigae*noodle Grilled meat Tteokbokki Dried Radish Salad Jelly cabbage kimchi	black rice Beef and Radish Soup Braised quail eggs with pork Spicy Jjolmyeon Stir-fried fish cake Pickled Cucumber Salad cabbage kimchi	black rice shrimp seaweed soup snowflake cheese stir-fried chicken fried tofu meat salad braised beans Geotjeori cabbage kimchi	black rice Pork and soft tofu stew Curry Rice Mini pork cutlet Stir-fried zucchini mushrooms Seasoned Radish cabbage kimchi	black rice siraegi miso soup Pork and bulgogi Spicy noodles Bean sprouts lettuce*miso 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)