



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	07월 31일(월)	08월 01일(화)	08월 02일(수)	08월 03일(목)	08월 04일(금)
breakfast	black rice udon soup fried egg1 curry rice sour pork dried radish salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice soybean paste soup fried egg1 braised pork and quail eggs pork cutlet braised beans cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stir-fried donchaek braised bean curd fresh lettuce kimchi cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice soybean paste soup fried egg1 grilled galbi patties stir-fried fishcake sour seaweed cucumber salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 spicy braised chicken stir-fried anchovies grilled laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	<b>self ramen( ramen, Egg, rice, kimchi, serial, milk,toast,vegetable salad)***</b>				
lunch	black rice cheese and kimchi fried rice&seaweed pork steak boiled mandu&soy sauce Green salad*D cabbage kimchi Green salad*D	black rice suyuk&cold fried tofu noodles braised tofu macaroni salad fresh lettuce kimchi cabbage kimchi yogurt	black rice spicy chicken sundae tteokbokki in sauce stir-fried fishcake bean sprouts soup cabbage kimchi stir-fried seaweed stem	black rice tofu beef rice bowl salad bread bean sprouts mustard sauce soybean paste soup cabbage kimchi fresh vegetables	black rice pork bulgogi spicy noodles lotus roots brised beans shrimp seaweed soup cabbage kimchi cucumber&ssamjang
	<b>homemade pork cutlet8(soup*bread*juice*salad)</b>				
fixed menu					
dinner	black rice spicy chicken soup hamburger steak spicy chewy noodles stir-fried anchovies pickled cucumber salad cabbage kimchi	black rice pork backbone stew fish cutlet&sauce steamed eggs bean sprouts fresh vegetables cabbage kimchi	black rice tuna and mayonnaise with rice braised pork and kimchi stir-fried broccoli and mushroom grilled laver udon soup cabbage kimchi	black rice hand-pulled dough mandu soup bulgogi skewers stir-fried eggplants braised beans lemonade cabbage kimchi	black rice bean sprouts soup curried rice braised quail eggs in soy sauce dried radish salad vegetable salad*D cabbage kimchi

★ 원산지 표시 ★

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)