

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	2023-08-07(월)	08월 08일(화)	08월 09일(수)	08월 10일(목)	2023-08-11(금)	
breakfast	black rice udon soup fried egg1 hamburg chop steak stewed potatoes pickled red pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice soybean paste soup fried egg1 stir-fried pork kimchi steamed tofu lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 braised tteokgalbi stir-fried fish cake vegetable side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice soybean paste soup fried egg1 vienna quail eggs meat dumpling stay silent cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried chicken stir-fried anchovy bean sprouts seasoned cabbage kimchi serial*milk1 toast*jam vegetable salad*D	
	self ramen(ramen, Egg, rice, kimchi, serial, milk,toast,vegetable salad)***					
lunch	black rice pork belly fried rice *meat dumpling chicken cutlet yuringi stir-fried fish cake udon soup cabbage kimchi cucumber dressing	black rice cheese bag stew*ramen steamed backbone stir-fried potatoes five blessings cabbage kimchi lemonade	black rice stir-fried pork bean sprouts japchae soy bean stew soybean paste soup cabbage kimchi chilli *onion*miso	black rice stir-fried chicken water dumplings stir-fried anchovy seaweed soup cabbage kimchi lettuce side dish	black rice pork belly chashu rice bowl bibim jjolmyeon stir-fried fish cake jjasai seasoning cabbage kimchi miso soup	
	fixed menu					
	homemade pork cutlet8(soup*bread*juice*salad)					
	dinner	black rice bean sprouts soup stir-fried beef chicken popcorn seaweed salad five blessings cabbage kimchi	black rice jjamppong soup braised pork and quail eggs tteokbokki eggplant sprouts wrapped kelp cabbage kimchi	black rice pork tofu stew pork cutlet stir-fried udon pickled red pepper green salad cabbage kimchi	black rice udon soup sweet and sour pork steamed sundae pumpkin herb cucumber dressing cabbage kimchi	black rice soybean paste soup stir-fried pork fried dumplings stir-fried seaweed stem lettuce side dish 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)⑮야황산염(sulphite)