



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	08월 21일(월)	08월 22일(화)	08월 23일(수)	08월 24일(목)	08월 25일(금)
breakfast	black rice dried pollack seaweed soup steamed eggs stir-fried pork and kimchi bean sprouts laver for lunch box cubed radish kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried vienna ketchup fish cutlets*sauce dried radish salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 matchow king pork cutlet braised potatoes cucumber muching cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried tuna vegetables sweet and sour pork*sauce stir-fried seaweed stems cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 hamburger steak stir-fried fish cake fresh kimchi cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	self-service(ramen, Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***				
lunch	black rice stir-fried pork	black rice egg rice with soy sauce* cheese spaghetti	black rice pork tofu stew	black rice boiled pork with pork	black rice stir-fried aged kimchi and chicken
	braised soondae and chives stir-fried fish cake seaweed cucumber salad cabbage kimchi spicy soybean paste soup	boiled pork quail eggs with soy sauce braised beans green salad*D cabbage kimchi kimchi tofu soup	sweet and sour pork*sauce a jam sandwich stir-fried dried anchovies cabbage kimchi five-wife	cold noodles with raw fish soup bean sprouts vegetable*chili*ssamjang cabbage kimchi dried radish salad	sweet and sour pork dumplings seasoned pollack salad fresh kimchi cabbage kimchi shrimp seaweed soup
	homemade pork cutlet8(soup*bread*juice*salad)				
	fixed menu				
dinner	black rice chicken soup hamburger steak tteokbokki shrimp zucchini and vegetables dried radish salad cabbage kimchi	black rice pork tofu stew grilled meat stir-fried shredded potatoes fresh kimchi lemonade cabbage kimchi	black rice bean sprouts soup braised short ribs chicken popcorn*mustard stir-fried fish cake ssam kelp*sauce cabbage kimchi	black rice sujebi soup braised pork and kimchi grilled tofu*marinade seasoned lemon seaweed powder made of mixed grains cabbage kimchi	black rice soybean paste soup bean sprout pork bulgogi spicy noodles braised beans fresh lettuce kimchi 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)