

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	09월 18일 (월)	09월 19일 (화)	09월 20일 (수)	09월 21일 (목)	09월 22일 (금)
breakfast	black rice sea mustard soup fried egg1 Chicken nugget * mustard Stir-fried Tuna and Kimchi seasoned laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 Grilled Galbi Patties Stir-fried fish cake Pickled Cucumber Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Cold bean paste soup fried egg1 Fish cutlet and tar sauce Grilled Tofu * Sauce Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Bean sprout soup fried egg1 Stir-fried pork and kimchi Steamed dumpling * sauce Stir-fried anchovies cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi tofu soup steamed eggs1 Curry Rice Mini pork cutlet Fresh Lettuce 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 cheese Spicy Sausage Stew * Ramen noodles	black rice pu phat phong curry * deep-fried laver roll fried	black rice Red Chili Paste Pork Bulgogi	black rice boneless chicken * kimbab fried rice	black rice pork soup
	hamburger chop steak	Braised Back Ribs	fried tofu japchae	braised bacon and potatoes	Sweet and sour pork * sauce
	seasoned bean sprouts	Stir-fried anchovies	boned lotus root with black sesame s	braised beans	Stir-fried zucchini mushrooms
	Lemonade kelp * red pepper paste cabbage kimchi	Green Salad * Dressing Enoki mushroom udon soup cabbage kimchi	Vegetables and ssamjang Dried bean paste soup cabbage kimchi	Seasoned cilantro citron Bean sprout soup cabbage kimchi	Fresh Lettuce Kimchi pickled radish cabbage kimchi
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice spicy seafood noodle soup Grilled short rib patties with chili sauce braised pumpkin Lemonade cabbage kimchi	black rice Rice with tuna mayonnaise Braised pork and seasoned kimchi Mini pork cutlet * ketchup Pickled Cucumber Salad Shrimp seaweed soup cabbage kimchi	black rice Tofu Stew with Pork tofu stew Soondae * perilla seeds red pepper paste sausage fusilli pasta Grilled green laver fresh vegetables cabbage kimchi	black rice Cold bean paste soup stir-fried spicy pork tteobokkuri seasoned bean sprouts Vegetable * ssamjang cabbage kimchi	black rice Bone hangover soup Chicken cutlet * sauce Stir-fried fish cake and vegetables Dried Radish Salad a vegetable salad * D 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)