

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	10월 09일(월)	10월 10일(화)	10월 11일(수)	10월 12일(목)	10월 13일(금)
breakfast	한글날	black rice Kimchi Tofu Soup fried egg1 Hamburger chop steak Stir-fried ball fish cake braised pumpkin cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Cold bean paste soup fried egg1 Fish cutlet * Tar sauce braised tofu Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 Vienna Quail Egg Stir-fried braised potatoes seasoned acorn jelly and vegetable cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup steamed eggs1 grilled meat Meat dumplings * Sauce fried glass noodles and vegetable cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	self-service(ramen, Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***				
lunch	한글날	black rice Cheese budae Jjigae * Ramen noodles Braised sundae bean sprouts Stir-fried anchovies Cilantro Chili Pepper and Cilantro Pancake Kelp * Red chili pepper paste cabbage kimchi	black rice Chicken Kalguksu steamed back bone aged kimchi braised beans cabbage kimchi	black rice Kimbap fried rice * deep-fried squid(lettuce) Braised pork and tofu Bean sprouts lettuce * red pepper soy sauce Fried tofu udon soup cabbage kimchi	black rice Pork belly meat Mayo rice bowl Jam sandwich Fresh pumpkin greens fresh vegetables spicy bean sprout soup cabbage kimchi
	homemade pork cutlet8(soup*bread*juice*salad)				
fixed menu					
dinner	한글날	black rice beef bone rice cake dumpling soup Meat Spaghetti Sweet and sour pork * sauce Dried Radish Salad vegetable salad * D cabbage kimchi	black rice Pork tofu stew grilled meat stir-fried Rice Cake braised sweet potato starch paste Pickled cucumbers daikon cabbage kimchi	black rice Pork Backbone Stew Chicken cutlet * Sauce Stir-fried fish cake vegetables braised beans fresh vegetables cabbage kimchi	black rice Cold bean paste soup Pork red pepper paste bulgogi Chicken popcorn * Mustard Stir-fried anchovies Dried Radish Salad 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)