



It can be changed due to purchase circumstances

	11-15 MON	11-16 TUE	11-17 WED	11-18 THU	11-19 FRI	11-20 SAT	11-21 SUN
breakfast	Bean sprout soup White rice * Kimchi ham fried rice 10 Fried egg 1 Mini pork cutlet 10 Fresh kimchi with chives laver Vegetable salad cabbage kimchi Cereal*milk 6.2 Toast*jam 6	Soybean Paste Soup 5 White rice * Laver seasoned rice 10 Fried egg 1 Braised Spicy Chicken 15 Stir-fried potato salad Seasoned cucumbers Vegetable salad cabbage kimchi Cereal*milk 6.2 Toast*jam 6	Seaweed soup White rice * Pork soy sauce seasoned rice 10 Fried egg 1 Boiled quail eggs in Vienna 1.10 Stir-fried glass noodles with soy sauce Vegetable croquette Vegetable salad cabbage kimchi Cereal*milk 6.2 Toast*jam 6	Kimchi tofu soup 5 White rice * Curry vegetable fried rice 10 Fried egg 1 Tomato pork patty 10 Stir-fried ham and green bean 10 Acorn jello Vegetable salad cabbage kimchi Cereal*milk 6.2 Toast*jam 6	Mushroom Perilla Seed Soup White rice * Shrimp meat fried rice 9.10 Fried egg 1 Pork cutlet 10 Stir-fried spicy fish cake Stir-fried anchovies Vegetable salad cabbage kimchi Cereal*milk 6.2 Toast*jam 6		
	Lunch	Black rice Spicy bean sprout soup Meat tomato spaghetti 6 10 12 Chicken cutlet Yuringi 15 Boiled potato konjac Seasoned dried radish cabbage kimchi crispy rice crust	Black rice Soybean Paste Soup 5 Pork and red pepper paste bulgogi 10 Garlic baguette 6 Stir-fried fish cake and vegetables Vegetable salad cabbage kimchi lemon tea	Black rice Shrimp seaweed soup Oven grilled teriyaki chicken 15 Chili dumplings 10 Stir-fried shrimp with radish 9 Raw kelp cabbage kimchi crispy rice crust	Black rice Kimchi tofu soup 5 Black Bean Noodles with pork 10 Chicken popcorn 15 Fresh kimchi with young radish paste Caesar salad cabbage kimchi lemon tea	Black rice Mushroom Perilla Seed Soup Braised kimchi with pork 10 Grilled tofu 5 Cabbage sprouts laver cubed radish kimchi crispy rice crust	
Kimchi stew with pork 10 Mini steamed buns 6		samgyetang, chicken soup 15 Yogurt	Foundation Day of GIST	Rice with flying fish roe Fried octopus balls 6	Egg ramen 1.6 Pork cutlet gimhap 10		
Dinner	Black rice Pork back bone soup 10 Braised meatball quail eggs 1.10 Seaweed pancake Braised tofu with pork 5.10 Vegetable salad cabbage kimchi	Black rice Kimchi fish cake soup Fish cutlets Stir-fried noodles with pork and vegetable 10 Seasoned bean sprouts Seasoned dried radish cabbage kimchi	Black rice Boiled dumpling soup 10 Braised saury kimchi Korean style meatball 10 Braised beans laver cabbage kimchi	Black rice Shrimp seaweed soup Stir-fried pork and chili paste 10 Spicy noodles 6 Stir-fried potato salad Cabbage wraps cabbage kimchi	Black rice Fried tofu udon soup 5 Tuna kimchi fried rice Mini pork cutlet 10 Braised shrimp with radish 9 Vegetable salad cabbage kimchi		

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬): 배추(중국산) 고추가루(중국산) 돈육(국내산) 돈뽀(칠레) 소고기(호주산) 삼겹살(독일산) .닭(국내산) 고등어(국내산)

1. 계란류 egg 2. 우유 milk 3. 메밀 buckwheat 4. 땅콩 Peanut 5. 대두 Soybean 6. 밀 wheat 7. 고등어 Mackerel 8. 게 Crab 9. 새우 Shrimp 10. 돼지고기 Pork 11. 복숭아 Peach 12. 토마토 Tomato 13. 야황산류 sulfurite 14. 호두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut