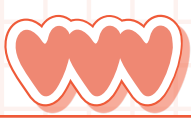




GIST's 2nd Student Restaurant Weekly Meal Table



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	03-07 MoN	03 -08 TUE	03 - 09 WED	03-10 THU	03-11 FRI	03-12 SAT	03 -13 SUN
	Seaweed soup White rice * Ham vegetable fried rice lo Fried egg 1 Chicken cutlet 15 Spicy braised radish Pickled chili peppers Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup White rice * Curry fried rice lo Fried egg 1 Stir-fried vegetables in Viennalo Braised meatball teriyaki lo Lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Soybean Paste Soup 5 Black rice Fried egg 1 Fish cutlets laver Pickled onions Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	bean sprouts soup White rice * Kimchi ham fried rice lo Fried egg 1 Chicken stew 15 Soft tofu Stir-fried seaweed stem Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Soybean Paste Soup 5 White rice * Shrimp meat fried rice lo Fried egg 1 Mini pork cutlet lo Stir-fried fish cake and vegetables soy sauce perilla leaves Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Kimchi tofu soup 5 Black rice Fried egg 1 Grilled pork balls lo Seasoned bean sprouts Lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	bean sprouts soup Black rice Fried egg 1 Grilled spam lo Stir-fried mushroom Ssam kelp Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2
	Black rice Seaweed soup Soy sauce bulgogi lo Vegetable croquette Seasoned bellflower roots with squid 17 Spring fresh kimchi cabbage kimchi crispy rice crust	Black rice Udon soup Kimchi Braised Spicy Chicken 15 Rice noodles salad Stir-fried fish cake Pickled radish cabbage kimchi lemon tea	Black rice Soybean Paste Soup 5 Stir-fried pork with red pepper paste lo Spicy soy sauce dumpling lo Stir-fried zucchini Braised beans cabbage kimchi	Black rice bean sprouts soup Tuna Mapa Tofu 5 Sweet and sour chicken 15 laver Seasoned cucumbers cabbage kimchi lemon tea	Black rice Soybean Paste Soup 5 Grilled chili chicken 15 Spring vegetable pancake Stir-fried potato ham lo Seaweed radish salad cabbage kimchi crispy rice crust	Black rice Kimchi tofu soup 5 curried rice lo Chicken nuggets 15 Seasoned dried radish Stir-fried cabbage cabbage kimchi	Black rice bean sprouts soup steamed chicken 15 Spicy glass noodles Bean sprouts laver cabbage kimchi
	Cheese ramen Pork cutlet gimbap lo	Bacon cream omurice lo Yogurt	대통령선거	Boiled pork lo	hot spicy meat stew noodles 16 Red bean bread		
	Black rice Kimchi tofu soup 5 Tuna mayo rice Chicken nuggets 15 Spicy noodles Braised burdock cabbage kimchi	Black rice Pork backbone stew lo Braised pork with soy sauce lo Korean style meatballo Seasoned seaweed Seasoned sesame leaves cabbage kimchi	Black rice Fish Cake Soup Tomato Hamburg steak lo Sugar glazed sweet potatoes fresh vegetable Seasoned dried radish cabbage kimchi	Black rice Udon soup Black bean sauce lo Fish cake tteokbokki Steamed sundae lo Braised lotus roots cabbage kimchi	Black rice Dried pollack soup Pork cutlet lo Spicy noodles Braised konjac fish cake Pickled garlic stems cabbage kimchi	Black rice Soybean Paste Soup 5 Crisp bulgogi lo Vegetable croquette Stir-fried green bean Vegetable wraps cabbage kimchi	Black rice Potato Sujebi soup Stir-fried pork balls with soy sauce lo Braised pork tofu lo fresh vegetable Pickled radish 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.계란류egg 2.우유Milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.아황산류sulphite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (국, 전분, 훈합 등) 19. 잣pine nut

