



GIST's 2nd Student Restaurant Weekly Meal Table



	03-28 MoN	03-29 TUE	03-30 WED	03-31 THU	04-01 FRI	04-02 SAT	04-03 SUN		
b r e a k f a s t	Soybean Paste Soup White rice * Seasoned laver rice 10 Fried egg 1 stewed tuna tofu 5 Mini pork cutlet 10 Stir-fried fish cake Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	seaweed soup White rice * Crab meat fried rice Fried egg 1 grilled spam 10 stewed beans seasoned cucumber Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Bean sprout soup White rice * Ham vegetable fried ricelo Fried egg 1 Fish cutlets seasoned spinach lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Tofu kimchi soup 5 White rice * Pork soy sauce rice 10 Fried egg 1 boiled pork with soy sauce 1.10 stewed potatoes laver Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup White rice * Pork soy sauce rice 10 Fried egg 1 grilled spicy chicken 15 soft tofu 5 seasoned seaweed Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Bean sprout soup Black rice Fried egg 1 grilled smoked ham 10 vegetable croquette seasoned garlic stems Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Fish Cake Soup Black rice Fried egg 1 Grilled short rib patties 10 ssam kelp seasoned leek cucumber Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2		
	저 녁 식 단	Black rice Soybean Paste Soup spicy grilled chicken 15 fried broccoli Seaweed corn salad stewed beans cabbage kimchi	Black rice seaweed soup bean sprout bulgogi 10 candied sweet potatoes seasoned water parsley Lettuce cabbage kimchi	Black rice Bean sprout soup curried rice 10 Chicken salad 15 Stir-fried pork and mushrooms 10 pickle jalapeno cabbage kimchi	Black rice Tofu kimchi soup 5 steamed pork with soy sauce 10 Fish cake tteokbokki corn salad soy sauce perilla leaf paper cabbage kimchi	Black rice Udon soup Bulgogi with soy sauce 10 spring vegetable pancake assorted bean salad green radish salad cabbage kimchi	Black rice Bean sprout soup Chicken nuggets 15 braised shrimp and radish 9 Stir-fried ham and mushroom 10 spring greens cabbage kimchi	Black rice Fish Cake Soup Spicy grilled chicken 15 fried spring rolls stir-fried zucchini seasoned spring greens cabbage kimchi	
		코 너	Spicy Soft Tofu Stew 10 Juicy Cool	Chicken rice noodles 15 meat dumpling 10	earthen pot pork bulgogilo grape juice	buckwheat noodles sweet and sour pork 10	cheese hamburger steak 10 Yogurt		
			D i n n e r	Black rice Spicy noodles Pork cutlet 10 steamed sundaelo seasoned konjac crown daisy greens cabbage kimchi	Black rice beef bone rice cake soup 16 Kimchi tuna mayo rice Sweet and Sour Pork 10 seasoned acorn jelly dried fish salad cabbage kimchi	Black rice seaweed soup Braised Spicy Chicken 15 Braised Spicy Chicken 10 radish greens seasoned cucumber cabbage kimchi	Black rice Crab meat scorched rice soup Chicken Ball 15 Vegetable Mustard Cold Vegetable Steamed fish cake seasoned dried radish cabbage kimchi	Black rice Pumpkin tofu miso soup grilled chicken 15 Spicy dumplings 10 fresh kimchi Stir-fried seaweed stems cabbage kimchi	Black rice Udon soup Mapa tofu over rice 5.10 Fish cutlets seasoned cabbage 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. 달걀 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. 아황산류 sulfite 14. 호두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut