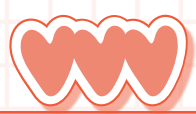


GIST's 2nd Student Restaurant Weekly Meal Table



	07월 18일	07월 19일	07월 20일	07월 21일	07월 22일	07월 23일	07월 24일		
breakfast	Seaweed soup White rice*Ham kimchi fried rice Fried egg Chicken cutlet*Sauce Braised tofu Seasoned garlic vegetable salad cabbage kimchi Cereal*milk Toast*Jam	Udon soup White rice *Seaweed flakes and rice Fried egg Bulgogi with red pepper paste Stir-fried Green Bean Braised black beans vegetable salad cabbage kimchi Cereal*milk Toast*Jam	Egg soup White rice*Oyster sauce fried rice Fried egg Bienneal Braised Food Acorn jelly* sauce Apple carrot juice vegetable salad cabbage kimchi Cereal*milk Toast*Jam	Soybean Paste Soup White rice*Ham vegetable fried rice Fried egg fried chicken Braised radish in soy sauce Dosirak laver vegetable salad cabbage kimchi Cereal*milk Toast*Jam	Spicy radish soup White rice*Jjajang fried rice Fried egg Fried sweet and sour pork Stir-fried mushroom and vegetables Seasoned bean sprouts vegetable salad cabbage kimchi Cereal*milk Toast*Jam	the Northern Dynasties Black rice Fried egg Roast Farm Grilled Steamed dumpling*sauce Braised burdock vegetable salad cabbage kimchi Cereal*milk Toast*Jam	bean sprouts soup Black rice Fried egg Chicken Nuggets* Mustard Stir-fried broccoli Seasoned sesame leaf vegetable salad Cereal*milk Toast*Jam cabbage kimchi		
	Lunch	Black rice Seaweed soup Yusanseul with rice Korean style meatball a fried potato and ham Seasoned Five-Food cabbage kimchi Powder made of mixed grains	Black rice Udon soup Fish cutlet* sauce a spoonful of pasta corn salad Salary, cucumber, and sour sauce cabbage kimchi Plum tea	Black rice Cold beef soup with radish soup Stir-fried mushroom and pork hot tofu Fried kimchi Seasoned dried filefish fillet cubed radish kimchi crispy rice crust	Black rice Soybean Paste Soup Braised Back Ribs Creamy tteokbokki Seasoned radish with red pepper paste Braised burdock cabbage kimchi Lemon tea	Black rice Spicy radish soup Grilled spicy chicken Sweet pumpkin bean salad Stir-fried crab meat with seaweed stems Seasoned sesame leaf cabbage kimchi Powder made of mixed grains	Black rice the Northern Dynasties Steamed boneless monkfish Stir-fried vegetables in Vienna Bean sprouts Stir-fried seaweed cabbage kimchi	Black rice bean sprouts soup Bulgogi with red pepper paste Spring Fries Seasoned seaweed Seasoned daikon cabbage kimchi	
		kitchen	Bean sprout jjolmyeon Galbi-flavored chicken	Assorted Jjageuri potato salad bread	Cold jjamppong hot dog	Flying fish roe rice Apple picnic	Chapagetti, egg and cheese Fried dumplings 2p		
			Dinner	Black rice Tofu miso soup Grilled teriyaki chicken Cereal sweet potato matang Fresh vegetables Braised black beans cabbage kimchi	Tuna mayo rice Fish Cake Soup Steamed sundae *Red pepper paste Stir-fried Ramen Fried dumplings Pickled radish cabbage kimchi	Black rice Myeongdong kalguksu Seasoned chicken balls Cabbage and bean paste Seasoned cucumber Morning Bread Glaze cabbage kimchi	Black rice Tofu Kimchi Soup Charcoal Bulgogi vegetable croquette Seasoned konjac vinegar Braised Cabbage*Ssamjang cabbage kimchi	Black rice bean sprouts soup curried rice Mini pork cutlet Steamed dried radish leaves Seasoned daikon cabbage kimchi	Black rice Seaweed soup Andong jjimdak Braised spicy radish Ssam kelp*red pepper paste young radish greens 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)

케란류egg 2.우유milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.야황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut