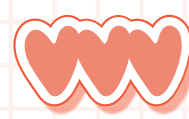




# GIST's 2nd Student Restaurant Weekly Meal Table



	09월 19일	09월 20일	09월 21일	09월 22일	09월 23일	09월 24일	09월 25일		
b r e a k f a s t	Udon soup White rice* kimchi ham and rice lo Fried egg 1 Stir-fried vegetables in Vienna lo fried spring rolls Seasoned seaweed vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White ric*Curry fried rice lo Fried egg 1 Pork bulgogi lo Stir-fried green bean Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Seaweed soup White rice* Pork and soy sauce rice Fried egg 1 Chicken Nuggets 15 braised potatoes Chives with fresh kimchi vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Vegetable ham and rice lo Fried egg 1 Hamburg steak lo Stir-fried eggplant Dried radish seasoning vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Spicy Kimchi soup White rice * Oyster sauce fried rice lo Fried egg 1 fried chicken 15 Stir-fried mushrooms Braised black beans vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup Black rice Fried egg 1 Chicken cutlet 15 Stir-fried crab meat mushrooms Seasoned radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish Cake Soup Black rice Fried egg 1 Mini pork cutlet lo Boiled dumpling lo Dried radish seasoning vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	h o t l o c a l	Black rice Udon soup crab meat curry Mini pork cutlet lo Spicy seasoned bean sprouts Pickled radish cabbage kimchi mixed grains	Black rice Soybean Paste Soup Stir-fried pork with red pepper paste lo Fried fried tofu noodles Dried radish seasoning cabbage wrap cabbage kimchi crispy rice crust	Black rice Seaweed soup Kimchi pork over rice lo Stir-fried ham and potato salad lo blanched broccoli Mini steamed buns cabbage kimchi Lemon tea	Black rice bean sprouts soup Mackerel ribs 7 steamed tofu Stir-fried seaweed stem Braised black beans cabbage kimchi crispy rice crust	Black rice Spicy Kimchi soup Jalapeno Chicken Nuggets 15 Steamed bean sprout fish cake Stir-fried pumpkin Seasoned konjac vinegar cabbage kimchi mixed grains	Black rice Soybean Paste Soup Spicy grilled chicken 15 Stir-fried vegetable fish cake Ssam kelp Pickled cucumber cabbage kimchi	Black rice Fish Cake Soup Braised meatballs lo Vegetable croquette Stir-fried green bean Seasoned dried fish cabbage kimchi	
		k i d n e r	Spicy Vegetable pork Bibimbap lo Sugar Twisted Bread	soft tofu stew lo Juicy Cool	Spicy chewy noodles with bean sprouts Fried chicken 15	Ham kimchi fried rice lo Takokayki*Fried egg 1	Egg ramen 1 Hot Dog lo		
			d i n n e r	Black rice Spicy Sausage Stew lo Korean style meatball lo Braised konjac mushrooms Seasoned dried fish Braised burdock cabbage kimchi	Black rice Fish Cake Soup Kimchi pizza sweet and sour pork lo Black Bean Sauce Tteokbokki Radish kimchi Green onion baguette cabbage kimchi	Black rice Beef bone soup with rice cake soup Pork balls lo Spicy braised radish Fried egg 1 laver cabbage kimchi	Black rice bean sprouts soup Soy sauce pork with chives lo Rice cake tofu and chili sauce vegetable stick Seasoned garlic stems cabbage kimchi	Black rice Seaweed soup Braised Spicy Chicken 15 Soy sauce pasta lo Shrimp radish salad Seasoned sesame seeds cabbage kimchi	Black rice Udon soup Hamburg steak lo Glazed sweet potatoes Fresh radish kimchi Braised black beans 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. 아황산류 sulfite 14. 호

두 walnut 15. 닭고기 chicken 16. 쇠고기 beef 17. 오징어 Squid 18. 조개류 shellfish (굴, 전복, 홍합 등) 19. 잣 pine nut