

GIST's 2nd Student Restaurant Weekly Meal Table



	01월 23일	01월 24일	01월 25일	01월 26일	01월 27일	01월 28일	01월 29일
b r e a k f a s t		Soybean Paste Soup Black rice Fried egg 1 Chicken cutlet 15 Grilled tofu Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Soy sauce rice with pork 10 Fried egg 1 Roasted chicken 15 Boiled potatoes Fresh kimchi with chives vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup White rice*Vegetable ham and rice 10 Fried egg 1 Grilled pork balls 10 Fried dumplings 10 Pickled radish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Seasoned rice with seaweed 10 Fried egg 1 Grilled Spam 10 Mini pork cutlet 10 seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup Black rice Fried egg 1 Stir-fried Vienna ketchup 10 braised tofu braised beans vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup Black rice Fried egg 1 Chicken cutlet 15 dumplings Seasoned dried fish vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6
L u n c h e n n e h	Black rice Seaweed soup Black bean rice 10 Korean style meatball 10 blanched broccoli Seasoned pickled radish cabbage kimchi	Black rice Soybean Paste Soup Hamburg steak 10 Kimchi bibim-guksu Stir-fried mushrooms Pickled radish cabbage kimchi	Black rice bean sprouts soup Red pepper paste bulgogi 10 Chili Chun Kwon Green radish salad Fresh kimchi cabbage kimchi crispy rice crust	Black rice clear radish soup Mapa Tofu Rice 10 Stir-fried sundae and vegetables 10 Seasoned crab meat and vegetables Seasoned pickled radish cabbage kimchi lemon tea	Black rice Soybean Paste Soup Steamed pork backbone 10 Stir-fried fish cake and mushroom Wraps with kelp Seasoned sesame leaves cabbage kimchi mixed grains	Black rice clear radish soup Meatball Tofu Stew 10 Seasoned acorn jelly cabbage greens seasoned red pepper cabbage kimchi	Black rice udon soup Grilled mackerel curry 7 Stir-fried ramen Stir-fried fish cake laver cabbage kimchi
코 너			Ratatouille omelet rice 10 hot dog 10	Pork cutlet * spicy noodles 10 Yogurt	Egg ramen Spicy tuna kimbap		
D i n n e r	Black rice Seaweed soup Braised Mushroom Pork Balls 10 Grilled tofu Stir-fried zucchini Seasoned pickled radish cabbage kimchi	Black rice udon soup Stir-fried teriyaki pork 10 potato croquette Stir-fried seaweed Cabbage wrap cabbage kimchi	Black rice spicy seafood soup 10 Sweet and sour pork 10 Sweet potato matang seasoned bean sprouts braised beans cabbage kimchi	Tuna mayo rice Fish cake soup stir-fried Rice Cake 10 Fried dumplings 10 Seasoned dried fish Pickled radish cabbage kimchi	Black rice Tofu kimchi soup Kkanpung Chicken Bowl 15 Pasta salad Mini steamed bun Seasoned garlic stems cabbage kimchi	Black rice Seaweed soup Fish cutlets Braised spicy potatoes seasoned bean sprouts tartar sauce cabbage kimchi	Black rice bean sprouts soup Pork bulgogi 10 Spicy noodles radish greens Seasoned garlic stems 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.케란류egg 2.우유milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.야황산류sulgate 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut