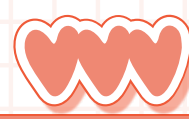




# GIST's 2nd Student Restaurant Weekly Meal Table



	03월 06일	03월 07일	03월 08일	03월 09일	03월 10일	03월 11일	03월 12일		
b r e a k f a s t	Seaweed soup White rice*Kimchi ham fried rice lo Fried egg 1 Chicken cutlet 15 Grilled tofu vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Soybean Paste Soup White rice*Curry fried rice lo Fried egg 1 Roasted chicken 15 Spinach sprouts 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 Grilled meat balls lo Grilled meat balls vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish soup White rice*Vegetable ham and rice lo Fried egg 1 Grilled Spam lo Mini pork cutlet lo vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	kimchi tofu soup White rice*Seasoned rice with seaweed lo Fried egg 1 Stir-fried pork lo Seasoned Broccoli vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	clear radish Soup Black rice Fried egg 1 Stir-fried Vienna ketchup lo braised tofu vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	udon soup Black rice Fried egg 1 Chicken cutlet 15 dumplings vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	저녁 메 뉴	Black rice bean sprouts soup Stir-fried cabbage and pork lo Fried mushroom Seasoned dried fish braised beans cubed radish kimchi	Black rice Soybean Paste Soup Grilled meat balls and vegetables lo Macaroni pasta lo Seasoned water parsley mushroom seasoned red pepper cabbage kimchi	Black rice bean sprouts soup Spicy mushroom rice lo Kimchi pancake Rice noodles salad Seasoned dried radish cabbage kimchi	Black rice clear radish soup Stir-fried bean sprouts and pork lo fried spring rolls Seasoned cabbage with vinegar Seasoned sesame leaves cabbage kimchi	Black rice kimchi tofu soup curried rice lo Chicken salad soybean paste greens Seasoned garlic stems cabbage kimchi	오복지볶음밥 clear radish soup Steamed sundae Fish cake tteokbokki Bean sprouts seaweed cabbage kimchi	Black rice udon soup Sweet and sour pork lo Spicy noodles Braised potatoes laver cabbage kimchi	
		코 너	black bean noodles lo Fried dumplings lo	Pork and Kimchi Stew lo Juicy Cool	Spicy chicken fried rice 15 Mini steamed bun	Pork cutlet lo* Morning Bread Cream soup* yogurt	Rice with flying fish roe hot dog lo		
			D i n n e r	Black rice Chicken porridge 15 Braised meatballs lo Bean sprout japchae fresh vegetable salad Pickled radish cubed radish kimchi	Black rice Beef bone dumpling soup lo Seafood tteokbokki Sweet potato salad Sweet potato salad Seasoned garlic stems cabbage kimchi	Black rice Pork malatang lo Chili dumplings lo Stir-fried seaweed. Garlic baguette Yogurt cabbage kimchi	Black rice bean sprouts soup black bean paste tteok-galbi lo Spaghetti japchae lo Radish kimchi braised beans cabbage kimchi	Black rice Potato sujebi soup Meatball Gratin lo soft tofu Braised mushroom konjac Seasoned sesame leaves cabbage kimchi	Black rice bean sprouts soup Fish cutlets Braised spicy radish seasoned broccoli Tartar sauce cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈뼈(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.야황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut