



# GIST's 2nd Student Restaurant Weekly Meal Table



	03월 20일	03월 21일	03월 22일	03월 23일	03월 24일	03월 25일	03월 26일		
Breakfast	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	clear radish soup White rice*Soy sauce rice with pork lo Fried egg 1 Grilled meat balls lo Seasoned Broccoli vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Vegetable ham and rice lo Fried egg 1 Stir-fried pork lo Seasoned bean sprouts vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish cake soup White rice*Seasoned rice with seaweed lo Fried egg 1 Grilled Spam lo Radish kimchi 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	Soybean Paste Soup Black rice Fried egg 1 Chicken cutlet 15 dumplings vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6		
	Lunch	Black rice Seaweed soup bean sprouts soup lo Grilled meatballs with vegetables lo Stir-fried seaweed Pickled radish cubed radish kimchi	Black rice Soybean Paste Soup Stir-fried pork with red pepper paste lo Spring vegetable pancake Seasoned bean sprouts Seasoned garlic stems cabbage kimchi	Black rice clear radish soup Fish cutlets Tomato macaroni Pickled cucumber Tartarus cabbage kimchi	Black rice bean sprouts soup Grilled pork balls and vegetables lo Steamed fish cake with bean sprouts Radish crown daisy tofu Radish crown daisy tofu cabbage kimchi	Black rice Fish cake soup Steamed pork backbone lo soft tofu radish salad with water parsley marinade cabbage kimchi	Black rice clear radish soup Seasoned chicken ball 15 Stir-fried potatoes and mushrooms Seaweed radish salad Braised beans cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork with soy sauce lo seasoned konjac vegetables Steamed cabbage radish salad cabbage kimchi	
		Korea	Chicken rice noodles 15 Mini steamed bun	Black Soybean Sauce Mixed vegetable rice lo Fried dumplings lo	Grilled pork belly meat lo Self-bibimbap	Soft tofu jjamppong rice lo Juicy Cool	Kimchi ramen Sausage kimba p lo		
			Dinner	Black rice Sujebi dumpling soup Soy Sauce Meat Bowl lo Fried tofu japchae Stir-fried mushroom Pickled peppers cubed radish kimchi	Black rice Spicy chicken soup 15 Grilled mackerel 7 Spicy fish cake stir-fried Macaroni salad Lemon tea cabbage kimchi	Black rice Beef bone soup lo Radish crown daisy tofu 1 Grilled spicy mushrooms fresh radish kimchi Small noodles cabbage kimchi	Tuna kimchi mayo rice udon soup Sweet and sour pork lo Stir-fried rice cake with perilla leaf Seasoned bean sprouts Pickled radish cabbage kimchi	Black rice Tofu kimchi soup Stir-fried pork lo Stir-fried pork laver Seasoned dried radish cabbage kimchi	Black rice cream soup Pork cutlet lo Spicy noodles Seasoned dried fish cucumber pickles 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.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