

한빛케터링  
3월 27일~04월 02일

# GIST's 2nd Student Restaurant Weekly Meal Table

		03월 27일	03월 28일	03월 29일	03월 30일	03월 31일	04월 01일	04월 02일
b r e a k f a s t		Seaweed soup White rice*Kimchi ham fried rice 1 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 1 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 1 Fried egg 1 Grilled meat balls 1 Seasoned Broccoli vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	bean sprouts soup White rice*Vegetable ham and rice 1 Fried egg 1 Stir-fried pork 1 fresh kimchi vegetable salad cabbage kimchi cereal* milk 2.6 Toast* jam 6	Fish cake soup White rice*Seasoned rice with sea weed 1 Fried egg 1 Grilled Spam 1 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 1 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
	L u n c h e o n e y	Black rice Seaweed soup Jalapeno cream hamburger 1 Jalapeno cream hamburger seasoned vegetables Pickled radish cabbage kimchi	Black rice Soybean Paste Soup Spicy Sausage sauce 1 Fried sweet potatoes Seasoned bean sprouts seasoned garlic stems cabbage kimchi	Black rice clear radish soup Stir-fried pork 1 Stir-fried mushroom fish cake cabbage wraps laver cabbage kimchi	Black rice bean sprouts soup Soft tofu curry grilled vegetables Chili dumplings 1 Seasoned perilla leaves cabbage kimchi	Black rice Fish cake soup Bulgogi with soy sauce 1 Steamed monkfish Bean salad seasoned dried radish cabbage kimchi	Black rice clear radish soup Steamed monkfish Fried tofu japchae Ssam kelp laver cabbage kimchi	Black rice Soybean Paste Soup Meatball galbi sauce 1 Jjolmyeon with vegetables Stir-fried Mushrooms Pickled cucumber cabbage kimchi
		Rice with Spam 1 hot dog 1	Chicken kalguksu 15 Meat dumplings 1	Pork cutlet set meal 1 cream soup*yogurt	Kimchi udon macaroni corn toast	Bibimbap with Pork Soy Sauce 1 Yogurt		
		Black rice jjamppong soup 1 Black bean sauce 1 Dumplings with soy sauce 1 braised beans Stir-fried seaweed stems cabbage kimchi	Black rice Spicy Sundae Soup 1 Mini pork cutlet 1 Yogurt and fruit salad fresh kimchi Powder made of mixed grains cabbage kimchi	Black rice Fish cake soup Rice with tomato tuna Grilled meatballs 1 Stir-fried seaweed stems lemon tea cabbage kimchi	Black rice Soybean Paste Soup pork with soy sauce 1 Braised Shrimp Radish Yogurt and fruit salad Pickled radish cabbage kimchi	Black rice Sujebi soup Chicken nuggets 15 Sweet potato rice cake Seasoned bean sprouts Seasoned perilla leaves cabbage kimchi	Kimchi ham fried rice 1 Udon soup Steamed sundae 1 Fish cake tteokbokki Seasoned bean sprouts red pepper paste cabbage kimchi	Black rice bean sprouts soup Stir-fried pork with kimchi 1 soft tofu braised beans Radish kimchi cabbage kimchi
	D i n n e e							

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈뽀(칠레) 소고기(호주산) 삼겹살(독일산).닭(국내산) 고등어(국내산)

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