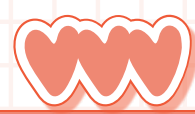


GIST's 2nd Student Restaurant Weekly Meal Table



		04월 17일	04월 18일	04월 19일	04월 20일	04월 21일	04월 22일	04월 23일	
b r e a k f a s t		Seaweed soup White rice * Kimchi fried rice lo Fried egg 1 Grilled pork balls lo Seasoned broccoli vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	Soybean Paste Soup White rice * Curry fried rice lo Fried egg 1 Grilled chicken 15 Spinach greens vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	clear radish soup White rice * Stir-fried vegetable ham lo Fried egg 1 Stir-fried pork lo fresh kimchi vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	bean sprout soup White rice * Pork soy sauce rice lo Fried egg 1 Chicken nuggets 15 Grilled tofu vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	Tofu kimchi soup White rice * Laver seasoned ricelo Fried egg 1 Grilled Smoke Ham lo Steamed dumplings lo vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	clear radish soup Black rice Fried egg 1 Stir-fried Vienna vegetables lo Braised tofu vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	Udon soup Black rice Fried egg 1 Chicken cutlet lo radish greens vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	
	L u n c h	저 녁 식 탁	Black rice Seaweed soup Rice with assorted ham lo potato croquette Stir-fried seaweed stems braised beans cabbage kimchi	Black rice Soybean Paste Soup Stir-fried bean sprout pork lo Korean japchae lo Seasoned lotus root black sesame seeds fresh kimchi cabbage kimchi	Black rice clear radish soup Braised Black Bean with Meat Balls lo Soy sauce tofu Seasoned cucumber onion Seasoned dried radish cabbage kimchi	Black rice bean sprout soup pork chop lo Stir-fried mushroom Seasoned chicory seasoned garlic stems cabbage kimchi	Black rice Tofu kimchi soup Braised Backbone lo Steamed tofu Fried kimchi Seasoned seaweed cabbage kimchi	Black rice clear radish soup Mapa tofu over rice lo Sweet potato matang Stir-fried Green Bean Pickled radish cabbage kimchi	Black rice Udon soup Seasoned chicken balls 15 Tteokbokki with soy sauce lo Seasoned water parsley and bean Pickled red pepper cabbage kimchi
			Grilled pork with rice lo Meat dumplings lo	Soup with anchovies Fried lettuce 17	Kimchi stew with pork lo Juicy Cool	Rice with flying fish roe Takokayki	Kimchi ramen hot dog lo		
			Black rice Pork Back-bone Stew lo Korean style meatball lo Garlic toast Seasoned crown daisy Seasoned perilla leaves cabbage kimchi	Black rice Pickled red pepper Stir fried tofu in Vienna lo Spicy dumplings lo Sweet potato salad Pickled radish cabbage kimchi	Fried ham and dried laver lo Udon soup Fried food lo Seaweed pasta crab meat and fried tofu Cabbage pickle cabbage kimchi	Black rice Pork bone soup lo Mini pork cutlet lo Stir-fried fish cake Seasoned bean sprouts fresh kimchi cabbage kimchi	Black rice Soybean Paste Soup Fish cutlets spiced squid small noodles Powder made of mixed grains cabbage kimchi	Black rice Kimchi sujebi Spicy mayo chicken nuggets 15 Corn salad Stir-fried Mushrooms Seasoned dried radish cabbage kimchi	
	D i n n e r								

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