

한빛케터링
6월 12일~06월 18일

GIST's 2nd Student Restaurant Weekly Meal Table

	06월 12일	06월 13일	06월 14일	06월 15일	06월 16일	06월 17일	06월 18일		
breakfast	Seaweed soup White rice * kimchi fried rice lo Fried egg 1 Chicken nuggets Stir-fried ham and fish cake vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Udon soup White rice * Curry fried rice lo Fried egg 1 Grilled chicken 15 Stir-fried Green Bean Mushrooms vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	Soybean Paste Soup White rice * Stir-fried vegetable ham 1 Fried egg 1 Grilled pork balls lo Fried dumplings lo vegetable salad cabbage kimchi Toast * Jam Cereal * milk	bean sprout soup White rice * Curry fried rice lo Fried egg 1 Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	Tofu dried pollack soup White rice * Seaweed seasoned rice Fried egg 1 Stir-fried Vienna vegetables lo Grilled tofu vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Udon soup Black rice Fried egg 1 Hamburger steak lo Grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Kimchi Tofu Soup Black rice Fried egg 1 blanched broccoli 15 blanched broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk		
	lunch	Black rice Seaweed soup Rice with kimchi ham lo fried eggplants young radish greens Pickled radish cabbage kimchi	Black rice Udon soup Meat Spaghetti lo Dumpling salad lo Stir-fried crab meat with mushroom Pickle jalapeno cabbage kimchi	Black rice Soybean Paste Soup Stir-fried cabbage and pork lo Braised pork tofu lo Seasoned cucumber Braised black beans cabbage kimchi	Black rice bean sprout soup Black bean sauce lo Meat japchae lo Seasoned fish cake and vegetables seasoned dried radish cabbage kimchi	Black rice Tofu dried pollack soup Red pepper japchae lo Flower bread Stir-fried eggplant seasoned garlic stems cabbage kimchi	Black rice Udon soup Stir-fried Soondae rice cake lo Potato Croquettes cabbage greens Seasoned perilla leaves cabbage kimchi	Black rice Kimchi Tofu Soup Fish cutlets Steamed bean sprout mushrooms Stir-fried zucchini Tartar Sauce cabbage kimchi	
		korean	Spicy Noodles with Pork lo Takokayki	Rice with pork lo apple juice	Cold noodles with dongchimi Meat dumplings lo	Vegetable Bibimbap lo fried bread	Hot Stone Pot Cheese with Rice lo Twisted bread stick		
			Dinner	Black rice Spicy chicken soup 15 Korean style meatball lo Stir-fried zucchini Seasoned perilla leaves Yogurt cabbage kimchi	Black rice Beef bone pork and rice soup lo (Stir-fried rice cake lo Chili spring roll fresh kimchi Pickled Cucumbers cabbage kimchi	Rice with bean sprouts Kimchi Tofu Soup Braised assorted soy sauce lo glazed sweet potatoes Stir-fried Seaweed Stems laver cabbage kimchi	Black rice cream soup Pork cutlet lo spicy radish noodles Yogurt salad Green onion toast cabbage kimchi	Black rice Udon soup Pepper cream meatballs lo acorn jelly and vegetable salad Seasoned dried fish Braised lotus roots cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork with red pepper paste lo soft tofu Bean Sprout Salad Pickled Chili Pepper 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