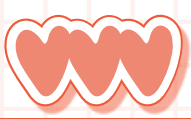




GIST's 2nd Student Restaurant Weekly Meal Table



	06월 19일	06월 20일	06월 21일	06월 22일	06월 23일	06월 24일	06월 25일		
breakfast	Udon soup White rice * kimchi fried rice lo Fried egg l Chicken nuggets Stir-fried ham and fish cake vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Seaweed soup White rice * Curry fried rice lo Fried egg l Grilled chicken l5 Stir-fried Green Bean Mushrooms vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	bean sprout soup White rice * Stir-fried vegetable ham lo Fried egg l Grilled pork balls lo Fried dumplings lo vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Soybean Paste Soup White rice * Curry fried rice lo Fried egg l 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 l Stir-fried Vienna vegetables lo Grilled tofu vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Fish cake soup Black rice Fried egg l Hamburger steak lo Grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Tofu kimchi soup Black rice Fried egg l blanched broccoli l5 blanched broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk		
	lunch	Black rice Udon soup Cream Hamburg lo Tteokbokki from Vienna lo Seasoned jellyfish mustard Braised black beans cabbage kimchi	Black rice Seaweed soup Stir-fried zucchini and pork lo soft tofu Bean Sprout Salad Braised cabbage cabbage kimchi	Black rice bean sprout soup Mini pork cutlet Mini pork cutlet lo Broccoli salad Seasoned dried radish cabbage kimchi	Black rice Soybean Paste Soup Fried pork mushrooms lo Ham cream pasta lo Stir-fried Seaweed Stems Pickled Chili Pepper cabbage kimchi	Black rice Tofu dried pollack soup Ratatouille Meatball lo Chicken Salad l5 Ramen noodles Seasoned perilla leaves cabbage kimchi	Black rice Fish cake soup Mapo Bean Curd with Rice lo Stir-fried udon with oyster sauce Stir-fried Mushrooms Seasoned Jjasai cabbage kimchi	Fried rice with ham and seaweed Tofu kimchi soup Sausage rice cake and sweet lo Braised japchae fish cake Stir-fried dried fish Pickled radish cabbage kimchi	
		corner	Tuna Bibimbap fried vegetables	Kimchi Fried Rice lo hot doglo	Spicy Cold Noodles boiled pork *Yogurt lo	Soft Bean Curd Jjigae lo apple juice	Bean Sprout Noodles Bulmayo gimballo		
			Dinner	Black rice Spicy jjamppong soup lo Oyster sauce meatball lo Sweet and sour dumplings lo young radish greens Braised lotus roots cabbage kimchi	Black rice Spicy Sausage Stewlo Steamed sundae lo Vegetable Croquettes Pickled radish Ramen noodles cabbage kimchi	Black rice Udon soup Fried assorted seasoning lo Braised Shrimp Radish cabbage greens laver cabbage kimchi	Black rice bok choy dumpling soup lo Spicy chicken with rice l5 Popcorn chicken l5 Stir-fried eggplants Seasoned garlic stems cabbage kimchi	Black rice Cold Kimchi soup Grilled green onion meat balls lo Steamed vegetable eggs l Stir-fried cucumber small noodle cabbage kimchi	Black rice Soybean Paste Soup Stir-fried Red Chili Paste Pork l o Soy Sauce Bibimdang-myeon fresh kimchi Braised black beans 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)

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