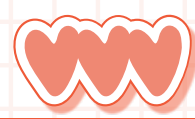




GIST's 2nd Student Restaurant Weekly Meal Table



	06월 26일	06월 27일	06월 28일	06월 29일	06월 30일	07월 01일	07월 02일		
b r e a k f a s t	Seaweed 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	Soybean Paste 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	Fish cake soup White rice * Stir-fried vegetable ham lo Fried egg l Grilled pork balls lo Grilled tofu vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Udon soup White rice * Curry fried rice lo Fried egg l Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	bean sprout soup White rice * Seaweed seasoned rice Fried egg l Stir-fried Vienna vegetables lo Steamed dumplings vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Kimchi Tofu Soup Black rice Fried egg l Hamburger steak lo Grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Soybean Paste Soup Black rice Fried egg l blanched broccoli l5 blanched broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk		
	L U N C H	Black rice Seaweed soup Bean Sprout Bulgogi lo black bean sauce stir-fried rice cake Ssam kelp seasoned garlic stems cabbage kimchi	Black rice Soybean Paste Soup Fried pollack with soy sauce Fried tofu japchae Oriental lettuce salad Seasoned perilla leaves cabbage kimchi	Black rice Fish cake soup Kimchi spaghetti lo fried Sweet Potatoes Cobb salad Pickle jalapeno cabbage kimchi	Black rice Udon soup Rice with squid eggplant l7 Okonomiyaki dumpling lo Braised fish cake potatoes seasoned dried radish cabbage kimchi	Black rice bean sprout soup Steamed pork backbone lo Sweet Tofu Stir-fried zucchini Pickled Chili Pepper cabbage kimchi	Black rice Kimchi Tofu Soup pumpkin stir-fried pork lo Rice cake japchae lo Bean Sprout Salad Braised black beans cabbage kimchi	Fried rice with ham and seaweed Soybean Paste Soup teriyaki pork ball lo Kimchi Bibimbap Noodles Stir-fried dried fish Pickled Cucumbers cabbage kimchi	
		L U N C H	Spicy Soft Bean Curd Soup with Rice lo Black Bean Noodles with Egg Cheese lo	Black Bean Noodles with Egg Cheese lo Fried dumplings lo	Kimchi pork stew lo Jelly Po	Chicken mayo rice l5 Yogurt	old lunch box lo Mini steamed bun		
			D I N E R	Black rice Oriental Chicken Porridge l5 Stir-fried Vienna vegetables lo Bibim Spring Circle Stir-fried Seaweed Stems seasoned dried radish cabbage kimchi	Black rice back bone soup lo Meatball salad lo soft tofu Pickled Chili Pepper small noodles cabbage kimchi	Self-made Mayo Rice Cold Sour Cucumber Macho King Sweet and Sour Pork lo Braised mushroom tofu seasoned kelp-flavored meat Pickled radish / seaweed flakes cabbage kimchi	Black rice Soybean Paste Soup Mala stir-fried pork lo Fusili Cold Pasta Seasoned cucumber onion Powder made of mixed grains cabbage kimchi	Black rice Clear soft tofu soup Stir-fried Sundae with Cheese lo Acorn Jelly Salad Stir-fried dried fish pickled garlic stems cabbage kimchi	Black rice Seaweed soup Black Bean Rice lo Sweet and sour dumplings lo Stir-fried fish cake and vegetables Pickled radish 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