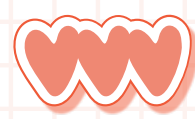




# GIST's 2nd Student Restaurant Weekly Meal Table



	07월 10일	07월 11일	07월 12일	07월 13일	07월 14일	07월 15일	07월 16일
b r e a k f a s t	Seaweed soup white rice and kimchi fried rice lo Fried egg Chicken nuggets 15 Stir-fried ham and fish cake lo a vegetable salad cabbage kimchi cereal and milk Toast*jam	Soybean Paste Soup White rice and curry fried rice lo Fried egg a high-quality product lo Grilled tofu a vegetable salad cabbage kimchi Cereal* yogurt Toast*jam	Udon soup white rice and ham and vegetable fried rice lo Fried egg Grilled chicken 15 Stir-fried Green Bean Mushrooms a vegetable salad cabbage kimchi cereal and milk Toast*jam	Tofu kimchi soup White rice*donchae soy sauce rice lo Fried egg Jeyuk bokkeum lo Geotjeori, a geotjeori a vegetable salad cabbage kimchi cereal and milk Toast*jam	bean sprout soup Black rice*Kimchi Powder Seasoning lo Fried egg Grilled Spam lo Steamed dumplings lo a vegetable salad cabbage kimchi Cereal* yogurt Toast*jam	Clear Tofu Radish Soup Black rice Fried egg Hamburger steak lo Green grape pudding a vegetable salad cabbage kimchi cereal and milk Toast*jam	Soybean Paste Soup Black rice Fried egg Stir-fried Vienna vegetables lo broccoli raw fish a vegetable salad cereal and milk Toast*jam cabbage kimchi
	Black rice Seaweed soup Bean Sprout Bulgogi lo Fried kkanpung chun kwon Braised Cabbage* Ssamjang miswelfare cabbage kimchi	Black rice Soybean Paste Soup Squid Mapa over rice 17 Braised chives and sundae lo Stir-fried Seaweed Stems Braised black beans cabbage kimchi	Black rice Udon soup Ratatouille Meatball lo Candied Sweet Potatoes Seasoned crown daisy tofu Seasoned perilla leaves cabbage kimchi	Black rice Tofu kimchi soup Fried pork with sauce lo soft tofu Stir-fried mushroom Dried Radish Salad cabbage kimchi	Black rice bean sprout soup hard-boiled meat lo Marashot pasta Geotjeori, a geotjeori It's a sour cucumber cabbage kimchi	Black rice Clear Tofu Radish Soup Jjajang Tteokgalbi lo Fried Tofu Stew Stir-fried zucchini Seasoned garlic stems cabbage kimchi	Black rice Soybean Paste Soup Red pepper japchae lo Flower bread seasoned cucumber cabbage Seasoned perilla leaves cabbage kimchi
주 식	Soft Bean Curd Jjigae lo An-butter manju	Fried Chicken with Galbi Sauce Egg Fried Rice	Vegetable Bibimbap Fried egg hot dog lo	Black Bean Sauce Noodles with Minced Meat lo Fried dumplings lo	Pork cutlet mayo over rice lo Yogurt		
D i n e r	Black rice Pork Backbone Stew lo Matdongtangsu yuk (sweet and sour pork) lo Grilled Spicy Chicken Sausage Bean sprouts Braised black beans cabbage kimchi	Black rice Scallion Maratang lo Meat Fritters lo Corn salad squeezing Lemonade cabbage kimchi	Black rice Cold Seaweed Soup Red Chili Paste Pork Bulgogi lo Oriental Vegetable Dumplings lo an inexhaustible defeat Braised lotus roots cabbage kimchi	Black rice Fish Cake Soup Fried food lo Tteokbokki from Vienna lo young radish greens Dried laver cabbage kimchi	Black rice Spicy soybean paste soup Cream hamburger steak lo Mixed glass noodles Stir-fried saesongi Seasoned perilla leaves cabbage kimchi	Black rice Seaweed Soup Braised Quail Eggs in Soy Sauce lo Seasoned acorn jelly and vegetable salad Stir-fried fish cake and vegetables Dried Radish Salad cabbage kimchi	Black rice cream soup Pork cutlet lo Raw radish bibim-guksu Chives and soy bean sprouts miswelfare 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