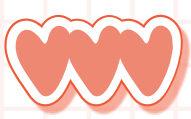




GIST's 2nd Student Restaurant Weekly Meal Table



	07월 31일	08월 01일	08월 02일	08월 03일	08월 04일	08월 05일	08월 06일
b r e a k f a s t	Soybean Paste Soup White rice * kimchi fried rice lo Fried egg Chicken nuggets 15 Green bean stir-fried ham lo vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Udon soup White rice * Curry fried rice lo Fried egg Grilled chicken 15 Fish cake stir-fried vegetables vegetable salad cabbage kimchi Cereal * Yogurt Toast * Jam	bean sprout soup White rice * Stir-fried vegetable ham lo Fried egg Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Tofu kimchi soup White rice * Seaweed seasoned rice lo Fried egg Braised meatballs lo Grilled tofu vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Seaweed soup White rice * Rice with pork and soy sauce lo Fried egg Grilled Spam lo Fried dumplings lo vegetable salad cabbage kimchi Cereal * Yogurt Toast * Jam	Fish cake soup Black rice Fried egg Chicken cutlet 15 Green grape pudding vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Spicy radish soup Black rice Fried egg Hamburger steak lo blanched broccoli vegetable salad cabbage kimchi Toast * Jam cabbage kimchi
	Black rice Soybean Paste Soup Stir-fried pork with red pepper paste lo Spring roll with soy sauce Seasoned red pepper Braised cabbage cabbage kimchi	Black rice Udon soup Fish cutlets Cold pasta salad Braised burdock Tartar Sauce cabbage kimchi	Black rice bean sprout soup Sweet pumpkin curry and rice Mini pork cutlet lo Stir-fried dried fish Seasoned dried radish cabbage kimchi	Black rice Tofu kimchi soup Spicy soy sauce stir-fried pork lo steamed tofu Stir-fried zucchini pickled garlic stems Stir-fried kimchi	Black rice Seaweed soup Pork balls with vegetables lo Stir-fried pork noodles lo seasoned cucumber Seasoned perilla leaves cabbage kimchi	Black rice Fish cake soup Rice with soybean paste lo Braised mushroom pork lo Stir-fried eggplants Pickled Cucumbers cabbage kimchi	Black rice Spicy radish soup Stir-fried sausage and vegetables lo Stir-fried Seafood Udon Seasoned cucumber vinegar Braised black beans cabbage kimchi
	Squid pork and spicy soup lo.17 Pizza Toast lo	Jjolmyeon with vegetables neobiani2p lo	Rice with pork lo apple juice	Tuna Bibimbap Takokayki	Braised Spicy Chicken with mala sauce 15 Fruit yogurt		
	Black rice Noodle Soup with Kimchi Grilled Mackerel 7 Vegetable Croquettes Seasoned dried radish lemon plum tea cabbage kimchi	Black rice beef bone souplo Sweet and sour pork lo Kimchi acorn jelly Pickled radish Chinese glass noodles cabbage kimchi	Flying Fish Roe Fried Rice Spicy soft tofu soup Steamed sundae lo Stir-fried mushroom konjac laver Yogurt cabbage kimchi	Black rice Chicken soup 15 Korean style meatball lo Braised potatoes with spicy sauce fresh kimchi Pickled Cucumbers cabbage kimchi	Black rice Sweet pumpkin cream soup Pork cutlet lo Vegetable Bibimbyeon Corn salad Seasoned red pepper cabbage kimchi	Black rice Soybean Paste Soup Stir-fried Pork lo fried tofu Stir-fried dried fish Seasoned perilla leaves cabbage kimchi	Black rice bean sprout soup Cream sauce meatball lo Chili dumplings lo Stir-fried ham and potatoes Pickled red pepper leaves 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