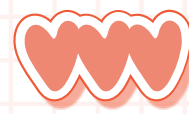




GIST's 2nd Student Restaurant Weekly Meal Table



	08월 07일	08월 08일	08월 09일	08월 10일	08월 11일	08월 12일	08월 13일		
b r e a k f a s t	Soybean Paste Soup White rice * kimchi fried rice Fried egg Stir-fried Pork Stir-fried Mushrooms vegetable salad cabbage kimchi Cereal * milk Toast*jam	Seaweed soup White rice * Curry fried rice Fried egg Chicken nuggets Stir-fried potato ham vegetable salad cabbage kimchi Cereal* yogurt Toast*jam	Tofu kimchi soup White rice * Ham fried rice Fried egg Braised spicy chicken with cream Stir-fried fish cake and vegetables vegetable salad cabbage kimchi Cereal * milk Toast*jam	Clear Tofu Soup White rice * laver Fried rice Fried egg Braised meatballs Green bean stir-fried pork vegetable salad cabbage kimchi Cereal* yogurt Toast*jam	bean sprout soup White rice * Pork jajang rice Fried egg Grilled Spam Steamed tofu vegetable salad cabbage kimchi Cereal * milk Toast*jam	Udon soup Black rice Fried egg Hamburger steak Green grape pudding vegetable salad cabbage kimchi Cereal * milk Toast*jam	Spicy radish soup Black rice Fried egg Korean style meatball blanched broccoli vegetable salad Toast*jam Cereal * milk cabbage kimchi		
	L u n c h e n c h e n	Black rice Soybean Paste Soup Rose hamburger steak 봉글레솟파스타 Yogurt salad Pickle jalapeno cabbage kimchi	Black rice Seaweed soup Stir-fried pork Stir-fried mala fish cake Bean Sprout Salad Seasoned perilla leaves cabbage kimchi	Black rice Tofu kimchi soup Meat, Seafood and Vegetables with Rice Sweet and sour dumplings seasoned konjac Seasoned Jjasai cabbage kimchi	Black rice Clear Tofu Soup Cheese pork chop glazed sweet potatoes crab salad Pickled radish cabbage kimchi	Black rice bean sprout soup dried Pollack in Soy Sauce Cream sujebi Seasoned yuzu Braised black beans cabbage kimchi	Black rice Udon soup Pork cutlet Jjolmyeon with vegetables Stir-fried zucchini Pickled Cucumbers cabbage kimchi	Black rice Spicy radish soup Curry Rice Meatball salad Stir-fried dried fish Seasoned dried radish cabbage kimchi	
		다 만	Spicy pork with rice Juicy Cool	Cold Buckwheat Noodles Tuna and Mayonnaise Riceball	Salad Bibimbap Sweet and sour pork with garlic	Cold chicken noodles Steamed dumplings	Pork Fried Rice Fruits pudding		
			D i n n e r	Black rice Jjamppong Sujebi pork with soy sauce Braised Tofu seasoned garlic stems Powder made of mixed grains cabbage kimchi	Black rice cream soup Rice with Kimchi Tomatoes Stir-fried Vienna mushroom Sweet pumpkin salad Braised black beans cabbage kimchi	Black rice cold soup Steamed bean sprouts with monkfish spring roll Stir-fried dried fish laver cabbage kimchi	Black rice Kimchi fish cake soup Fried food Stir-fried Rice Cake Stir-fried Mushrooms iced tea cabbage kimchi	Black rice Shrimp Seaweed Soup Stir-fried Sundae and Vegetables Boiled dumplings seasoned cucumber cabbage Seasoned dried radish cabbage kimchi	Black rice bean sprout soup Stir-fried mushroom and pork Sweet and sour rice cake Stir-fried fish cake and vegetables Pickled Chili Pepper 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)

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