

GIST's 2nd Student Restaurant Weekly Meal Table

	08월 28일	08월 29일	08월 30일	08월 31일	09월 01일	09월 02일	09월 03일
b b k k f a s t	Udon soup white rice * Kimchi ham fried rice lo Fried egg 1 Chicken nuggets 15 Stir-fried oyster sauce with mushroom vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Soybean Paste Soup white rice*Ham and Vegetable Fried Rice lo Fried egg 1 Stir-fried Vienna vegetables lo Fried dumplings lo vegetable salad cabbage kimchi Cereal * Yogurt Toast * Jam	bean sprout soup white rice*Curry fried rice lo Fried egg 1 Braised Spicy Chicken 15 Stir-fried eggplants vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Seaweed soup white rice*Oyster sauce fried rice lo Fried egg 1 teriyaki pork ball lo Green Bean Stir-Fried Pork lo vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Tofu dried pollack soup white rice*Jajang fried rice with pork lo Fried egg 1 Stir-fried Pork lo Stir-fried potatoes vegetable salad cabbage kimchi Cereal * Yogurt Toast * Jam	Fish cake soup Black rice Fried egg 1 Hamburger steak lo Mango jelly pudding vegetable salad cabbage kimchi Cereal * milk Toast * Jam	Soybean Paste Soup Black rice Fried egg 1 Korean style meatball lo blanched broccoli vegetable salad Cereal * milk Toast * Jam cabbage kimchi
	Black rice Udon soup Black Bean Noodles and Rice lo Mini pork cutlet lo Cobb salad Pickled radish cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork with red pepper paste lo soft tofu Stir-fried vegetables and sesame seeds Braised black beans cabbage kimchi	Black rice bean sprout soup Pineapple hamburger steak lo Cream short pasta Stir-fried Seaweed Stems Seasoned dried radish cabbage kimchi	Black rice Seaweed soup Rice with soybean paste lo braised quail egg pork lo Seasoned radish Seasoned perilla leaves cabbage kimchi	Black rice Tofu dried pollack soup tomato meatball Popcorn chicken salad Braised burdock pickled garlic stems cabbage kimchi	Black rice Fish cake soup Sweet and sour pork lo Fishcake Tteokbokki Stir-fried Mushrooms Braised lotus roots cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork with soy sauce lo Seasoned mushroom fish cake Bean sprouts Pickled Chili Pepper cabbage kimchi
	Rice with pork lo apple juice	noodles in anchovies French Toast 1	Pork bibimbap lo Takokayki	Pork Rice Noodles lo hot dog lo	Seasoned mushroom fish cake lo Steamed dumplings lo		
	Black rice Pork bone soup lo Spicy dumplings lo Stir-fried mushroom fish cake pickled garlic stems Stir fried shiitake cabbage kimchi	Black rice Chicken soup lo stir-fried rice cake Steamed sweet pumpkin Bean sprouts Pickled Chili Pepper cabbage kimchi	Black rice Soft Tofu Dumpling Souplo Braised soy sauce meatballs lo glazed sweet potatoes seasoned cabbage lemon plum tea cabbage kimchi	Rice with vegetables Soybean Paste Soup Fish cutlets Braised Spicy Potatoes Pickled Cucumbers Tartar Sauce cabbage kimchi	Black rice cream soup Pork cutlet lo Mixed glass noodles Stir fried shiitake Seasoned perilla leaves cabbage kimchi	Black rice Udon soup Mapo Bean Curd with Ricelo Steamed sundae lo Bean sprouts Pickled radish cabbage kimchi	Black rice Clear soft tofu soup Grilled pork balls lo spring roll Stir-fried pork with soy sauce 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)

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