



GIST 제1학생식당 주간식단표



* 상기 식단은 시장 수급 상황 또는 식당 사정에 따라 달라질 수 있습니다.*

2021년 11월 한빛케터링

★	11월 22일(월)	11월 23일(화)	11월 24일(수)	11월 25일(목)	11월 26일(금)	11월 27일(토)	11월 28일(일)
조식	Black rice ①Radish radish soup ①Fried eggs ②②Fish cutlets*Tartar sauce Braised splyc potatoes Seasoned pickled radish cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice Dried pollack radish soup ①Steamed eggs and vegetables ①Grilled tofu*Sauce Str-fried anchovies ①Fresh kimchi with radish paste cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice ①Shrimp Seaweed soup ①Ham scrambled eggs ①Stir-fried short rib patties and Mushroom ①Shrimp radish greens Str-fried seaweed stem cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice ①Kimchi bean sprout soup ①Fried eggs ①Stir-fried chicken and Ripe Kimchi ①Soft tofu*Sauce seasoned laver cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice ①Pumpkin potato soybean paste soup ①Chives scrambled eggs ①①①Boiled quail eggs in Vienna. ①Bean sprouts Radish salad. cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice ①Soft tofu kimchi soup ①Fried eggs ①①①Hamburg chop steak Pumpkin sprouts Seasoned cucumbers cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D	Black rice ①Shrimp Seaweed soup ①Fried eggs ①①①Braised meatballs Acorn Jello*Sauce Seasoned vegetables cabbage kimchl ②②Cereal*Milk ①Toast*Jam ②Vegetable salad*D
	중식	Black rice ①Radish radish soup. ①Porkbulgogi that tastes like fire ①①Kimchi pumpkin pancake ①Seasoned crown daisy tofu Seasoned dried radish cabbage kimchl	Black rice Dried pollack radish soup ①①①Stir-fried short rib patties and vegetables Tuna braised radish Str-fried top-fried seaweed Lettuce fresh kimchl cabbage kimchl	Black rice ①Shrimp Seaweed soup ①Stir-fried chicken curry ①Fried bread and Parsley ①Stir-fried fish cake and vegetables ①Seasoned seaweed mayonnaise cabbage kimchl	Black rice ①①Kimchi bean sprout soup ①①①Meatball ratatouille ①①①Meatball pancake. Str-fried mushroom oyster sauce ①Fresh kimchi with radish paste cabbage kimchl	Black rice ①Pumpkin potato soybean paste soup ①Stir-fried pork and kimchi ①①Korean japchae Seasoned garlic Jjong pickles seasoned laver cabbage kimchl	Black rice ①Soft tofu kimchi soup curry and rice ①Jjolmyeon tteokbokki ①Seasoned bean sprouts Seasoned dried radish cabbage kimchl
일품	①③clam soft tofu stew. ①①①hot dog	①②②Pork cutlet mayonnaise over rice	①Ramen ②Mayonnaise kimbap	①①BEC(Black-bean-sauce noodles,Egg,Cheese) Yogurt	①Hot pot Rice with Fish Roe Apple picnic	♡	♡
석식	Black rice Mushrooms and perilla seed soup ①Chicken stew. ①Potato clinkle cut*Ketchup ①Bean sprouts ①Fresh kimchi with radish paste cabbage kimchl	Black rice ①①Chicken yukgaejang. ①①①Braised Pork Quail with Soy Sauce Pine mushroom pumpkin sprouts ①Braised beans Sea tangle* Korean gochugang sauce cubed radish kimchl	Black rice ①Pork kimchi stew ①①①Tomato Hamburg steak. ①①Braised squid and potatoes Seasoned acorn Jelly and lettuce ①Vegetable salad*D cabbage kimchl	Black rice Dried pollack radish soup ①①Bulgogi with Korean sauce Candled Sweet Potatoes ①Seasoned crab meat with bean sprouts Vegetable wraps*Sauce cabbage kimchl	Black rice ①Mugwort-god fish cake soup Kimchi tuna fried rice*Seaweed flakes ①①Chicken cutlet*Sauce Braised lotus roots. ①Vegetable salad*D cabbage kimchl	Black rice Udon Soup ①Chicken stew ①①Vegetable croquette*Ketchup ①Seasoned Shrimp and Radish Seasoned sesame leaves cabbage kimchl	Black rice ①Pumpkin soybean paste soup ①red pepper paste Pork bulgogi ①①Stir-fried Green Bean Fish Cake Stir-fried radish Seasoned radish greens cabbage kimchl

★원산지표시★

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★알레르기 유발식품 (Allergy-induced food labelling guidance)★

①난류(egg), ②우유(milk),③메밀(buckwheat),④대두(soybean), ⑤땅콩(peanut), ⑥밀(wheat), ⑦새우(shrimp), ⑧돼지고기(pork), ⑨닭고기(chicken), ⑩쇠고기(beef), ⑪오징어(squid), ⑫고등어(mackerel) ⑬조개류(shellfish)⑭토마토(tomato)⑮아황산염(sulphite)