

# GIST 1student cafeteria weekly meal plan

2021 year december

★	12월 20일(월)	12월 21일(화)	12월 22일(수)	12월 23일(목)	12월 24일(금)
break fast	black rice shiraegi miso soup fried egg1 grilled tteokgalbi8,9 stewed tofu4 purple seasoning cabbage kimchi serial+milk1 toast+jam6 vegetable salad	black rice cream soup fried egg1 stewed pork quail eggs1,8 sausage rolls8,9 pickled vegetables cabbage kimchi serial+milk1 toast+jam6 vegetable salad	black rice udon soup fried egg1 stewed chicken 9 radish herb dried radish radesn cabbage kimchi serial+milk1 toast+jam6 vegetable salad	black rice kimchi tofu soup4 fried egg1 meatball stew8,9 stewed potatoes spinach greens cabbage kimchi serial+milk1 toast+jam6 vegetable salad	black rice shrimp seaweed soup7 fried egg1 spam grill8,9 stir-fried seaweed stem soft tofu4 cabbage kimchi serial+milk1 toast+jam6 vegetable salad
lunch	black rice meat noodle8 chicken cutlet salad9 rose ham tteokbokki8,9 soybean stew4 vegetable pickle cabbage kimchi	black rice pork sausage district8 water dumpling*soy sauce8.6 spinach greens lettuce*ssam doenjang perilla shiraage soup cabbage kimchi	black rice egg fried rice1.8 pork sweet and sour8 jjajang sauce8 chicory apple sauce udon soup cabbage kimchi	black rice pork stew8 hamburger steak pork chop8.9 soybean bim dangmyeon pickled seaweed vegetable salad cabbage kimchi	black rice stirfried cheese chicken9 sandwich6 stirfried fish cake green beans soy sauce perilla sea paper shrimp seaweed soup cabbage kimchi
dinner	black rice shiraegi miso soup steamed chicken9 cheese potatoes1 chinese cabbage dried radish radesn cabbage kimchi	black rice beef tteok dumpling soup 8,6,10 stir-fried tuna kimchi acorn jelly stir-fried jaban bean sprouts cabbage kimchi	black rice perilla sujebi stir-fried pork8 stewed shrimp radish7 chinese cabbage pickled lettuce cabbage kimchi	black rice kimchi tofu soup4 stewed pork quail eggs8.1 bibim jjolmyeon host greens pickled sesame leaves cabbage kimchi	black rice bean sprout soup curry rice8 dumplings8.6 spinach greens dried radish radesn cabbage kimchi

\*country of origin\*

bee(australian)pork(korea)pork bones(foreign)pork belly(germany),mackerel(korea),kimchi(cabbage,chillipowder:china)chicken(korea)rice(korea)

★ Allergy-induced food labelling guidance ★

①(egg), ②(milk),③(buckwheat),④(soybean), ⑤(peanut), ⑥(wheat), ⑦(shrimp), ⑧(pork),  
 ⑨(chicken), ⑩(beef), ⑪(squid), ⑫(mackerel) ⑬(shellfish)⑭(tomato)⑮(sulgate)