



GIST ONE STUDENT WEEKLY MENU



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

2022년 1월

*상시 샐러드바 운영

★	01월 17일(월)	01월 18일(화)	01월 19일(수)	01월 20일(목)	01월 21일(금)
lunch	black rice pork cutl curry bowl sausage fusilli pasta stir-fried fish cake bean sprout soup cabbage kimchi	black rice pork five spices steamed bibim noodles stewed peanuts shiraegi miso soup cabbage kimchi	black rice cod bean nookle soup *BLT sandwich stir-fried tteokgalbi stewed potatoes pickled sesame leaves cabbage kimchi	black rice beef tteok dumpling soup soy sauce steamed chicken bean sprouts five welfare acupuncture cabbage kimchi	black rice beef hot pot spinach egg frittata fried spring rolls pickled pepper cabbage kimchi
salad bar	green salad	wrapped vegetables	bean sprouts*D	tofu vegetable salad	wrapped vegetables
dinner	black rice chicken seaweed soup stir-fried pork kimchi stir-fried vermicelli grilled tofu lunch box laver cabbage kimchi	black rice beef soup sweet and sour pork ster-fried udon spinach greens pickled vegetables cabbage kimchi	black rice perilla shiraegi soup stir-fried pork croquettes*ketchup stir-fried seaweed stem wrapped vegetables cabbage kimchi	black rice kimchi tofu soup steamed pork backbone cheese potatoes stir-fried fish cake acorn jelly cabbage kimchi	black rice bean sprout soup fried chicken shrimp stewed radish stir-fried jaban five welfare acupuncture cabbage kimchi

★ country of origin ★

beef(australia)pork(korea)pork bones(korea)pork belly(germany),mackerel(korea),kimchi(cabbage,chilli powder:china)chicken(korea)rice(korea)

★ Allergy-induced food labelling guedance ★

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(sulfite)