

GIST 제1학생식당 주간식단표

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

2022년 1월

*상시 샐러드바 운영합니다

★	01월 24일(월)	01월 25일(화)	01월 26일(수)	01월 27일(목)	01월 28일(금)
중식	black rice	black rice	black rice	black rice	black rice
	egg hambox spaghetti 1.8.10	stir-fried pork 8	mussel noodle	chicken cutlet 9	pork soup 8
	stewed pork tofu potatoes 4.8	chicken popcorn 9	rose fried chicken 9	cream soup	dumpling sweet sour 8
석식	radish herb	spinach greens	stir-fried seaweed stem	shrimp stewed radish	bean sprouts japchae
	udon soup cabbage kimchi	shiraegi miso soup cabbage kimchi	vegetables uncooked cabbage kimchi	host herbs cabbage kimchi	pickled pepper cabbage kimchi
샐러드바	green salad	wrapped vegetables	fruit	green salad	cinnamon tea
석식	black rice	black rice	black rice	black rice	black rice
	bean sprouts jjamppong soup 8 chicken sweet and sour 9 egg roll 1	kimchi sujebi stewed tteokgalbi 8,9,1 sausage fish cake 8,9	shrimp seaweed soup 7 fried pork 8 fried dumplings	udon soup curry rice 8 pork and egg stew 8,1	shiraegi miso soup pork cutlet 8 ham potato stew 8,9
석식	stir-fried broccoli mushrooms celery pickled radish cabbage kimchi	vegetables uncooked potato stew cabbage kimchi	mugwort green tofu 4 water blue radish cabbage kimchi	soybean stew 4 dried radish uncooked cabbage kimchi	pickled radish vegetables salad cabbage kimchi

★ 원산지 표시 ★

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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(sulfite)