



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	06월 27일(월)	06월 28일(화)	06월 29일(수)	06월 30일(목)	07월 01일(금)
breakfast	black rice shiraegi miso soup fried egg1 fried chicken9 stewed tofu pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stewed pork quail eggs1,8 seafood dumplings11,8 pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice pumpkin miso soup fried egg1 grilled tteokgalbi8,9 hand dumplings8 bean sprouts cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 stir-fried squid11 stir-fried eggplant pickled leek cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 hamburger chop steak8,9 mugwort green tofu4 pickled sesame leaves cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	roast pork*bibim noodle8	pork belly kimchi fried rice8	cold jjamppong8.11	chicken tender tofu mapo9.4	pokt pumpkin stew8
	sweet potato soup	creamy hamburg steak8.9	chicken cutlet yurin9	jjolmyeon tteokbokki	pork sweet and sour8
	stewed anchovy beans	konjac bean sprouts	sausage potato stew8.9	stir-fried broccoli mushrooms	stir-fried fish cake
	shiraegi miso soup cabbage kimchi lettuce*miso	dried radish cabbage kimchi cudumber cold soup	five welfare acupuncture cabbage kimchi yogurt	cold bean sprout soup cabbage kimchi lettuce	pickled radish cabbage kimchi green salad
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew*ramen8 stewed sundae tteokgalbi8,9 fried bread seaweed salad five welfare acupuncture cabbage kimchi	black rice cold udon bone kimchi steamed8 mini pork cutlet8 pumpkin sprouts lunch box laver radish kimchi	black rice pure tofu kimchi soup8 pasta fried dumplings8 married couple second hand juicy cool cabbage kimchi	black rice shrimp seaweed soup7 stir-fried pork8 chicken popcorn9 stir-fried seaweed stem shrimp seaweed soup cabbage kimchi	black rice udon soup curry rice8 fish cutlet soybean stew five welfare acupuncture cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(국내산)삼겹살(미국산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★ 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)⑮야황산염(sulgate)