



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	07월 11일(월)	07월 12일(화)	07월 13일(수)	07월 14일(목)	07월 15일(금)
breakfast	black rice udon soup fried egg1 hamburg steak8,9 married couple meat dumplings8 cabbage kimchi serial*milk1 toast*jam	black rice miso soup fried egg1 fried chicken9 bean sprouts french fries cabbage kimchi serial*milk1 toast*jam	black rice seaweed soup fried egg1 stir-fried pork8 croquettes pickled leek cabbage kimchi serial*milk2 toast*jam	black rice bean sprout soup fried egg1 boiled quail eggs1 chicken cutlet stir-fried fish cake cabbage kimchi serial*milk1 toast*jam	black rice shireagi miso soup fried egg1 roasted meat8,9 stir-fried potato pickled chili cabbage kimchi serial*milk1 toast*jam
	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D
lunch	black rice beef pork belly sprout rice mix10	black rice water cold noodle *steamed pork8	black rice hamburger*french fries8	black rice chicken leg samgyetang9	black rice roasted pork8
	chicken cutlet9	sauteed sausage fusilli8,9	bone kimchi steamed8	bacon potato stew8,9	stir-fried vermicelli vegetables8
	pumpkin sprouts	pickled leek perilla	host greens	chilli seasoning	acorn jelly
	udon soup cabbage kimchi	five welfare acupuncture cabbage kimchi	cucumber cold soup cabbage kimchi	seaweed salad cabbage kimchi	shireagi miso soup cabbage kimchi
	remonade	steamed potato	rice ice cream	watermelon punch	lettuce*miso
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice pork soon tofu stew8,4 roasted meat8,9 bibim noodles stir-fried ball fish cake remon seaweed cabbage kimchi	black rice beef seaweed soup10 sweet and sour pork8 stir-fried bean sprouts vermicelli pickled vegetables yogurt radish kimchi	black rice shireagi miso soup stir-fried pork sundae8 pumpkin sprouts pickled squid, dried radish11 lettuce*miso cabbage kimchi	black rice bean sprout soup jjajang sauce8 grilled tteokgalbi8,9 pumpkin stuffed five welfare acupuncture cabbage kimchi	black rice udon soup stir-fried pork kimchi8 grilled tofu4 chili seasoning lunch box laver 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)⑮아황산염(sulphite)