



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	09월 19일(월)	09월 20일(화)	09월 21일(수)	09월 22일(목)	09월 23일(금)
breakfast	black rice shireagi miso soup fried egg1 chicken cutlet sausage stew stir-fried broccoli mushrooms cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 curry rice meatball stew stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 pork kimchi steamed grilled tofu lunch box laver cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 hamburg steak stewed potatoes soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice homemade secret soup fried egg1 fried chicken stir-fried seaweed stim water dumplings cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	pork stew	cheese omurice	marbled soybean paste stew	chicken ribe bossam	backbone soup
	pork sweet and sour	chicken popcorn	vegetable rice mix	bibim noodle	ham scrambled eggs
	stir-fried anchovy seaweed salad cabbage kimchi lemonade	stewed shrimp radish udon soup cabbage kimchi chicory yusu pickle	sweet potato fries soybean stew cabbage kimchi green salad	stir-fried fish cake shrimp seaweed soup cabbage kimchi lettce	host greens pickled pepper cabbage kimchi lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	cabbage kimchi beef bone rice dumpling soup hamburg steak stir-fried french fish cake soybean stew fresh kelp cabbage kimchi	cabbage kimchi beef soup chicken cutlet stir-fried rice cakes stir-fried seaweed stem pickled pepper cabbage kimchi	black rice champon soup meaty roast sweet potato mattang bean sprouts dried radish cabbage kimchi	black rice fish cake soup pork pork chop fried dumplings stir-fried anchovy chicory pickle cabbage kimchi	black rice bean sprout soup curry rice fish cake cutlet pickled vegetables lunch box laver cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(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(sulfite)