



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	11월 07일(월)	11월 08일(화)	11월 09일(수)	11월 10일(목)	11월 11일(금)
breakfast	black rice shireagi miso soup fried egg1 curry rice scallop*sauce pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 vienna quail eggs stir-fried potato radish raw vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 fried chicken stir-fried fish cake broccoli cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice udon soup fried egg1 meatball nanjawns japchae stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried pork kimchi grilled tofu lunch box laver cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice chicken kalguksu fish cutlet host greens dried radish cabbage kimchi green salad	black rice cheese bag stew*ramen stir-fried sundae water wave pickled radish cabbage kimchi shrimp chips	black rice garlic pork roast bibim jjolmyeon pumpkin sprouts shireagi miso soup cabbage kimchi wrapped vegetables*miso	black rice fish cake backbone soup sweet and sour pork mugwort tofu soup spicy pickle cabbage kimchi lemonade	black rice pork belly bean sprouts rice *grilled rice cakes stir-fried udon noodle croquettes shrimp seaweed soup cabbage kimchi mandarin
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice beef bone rice dumpling soup bone stew grilled tofu lunch box laver pickled radish cabbage kimchi	black rice chicken yukgaejang round and round stir-fried seaweed stem soybean stew pickled vegetable cabbage kimchi	black rice pork kimchi stew chicken cutlet fusilli penne pasta host greens green salad cabbage kimchi	black rice perilla suhebi soup fried chicken sausage stew dried radish yogurt cabbage kimchi	black rice fish cake soup roasted meat pumpkin sprouts stir-fried anchovy garlic pickled 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(sulfite)