



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	11월 21일(월)	11월 22일(화)	11월 23일(수)	11월 24일(목)	11월 25일(금)
breakfast	black rice udon soup fried egg1 boiled quail eggs 1 sausage stew 8.9 mandarin cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice miso soup fried egg1 stir-fried chicken 9 pickled cucumber lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 braised pork cutlet 8 soybean stew 4 stir-fried pumpkin cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shrimp seaweed soup7 fried egg1 grilled meat8.9 stir-fried fish cake stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried pork kimchi8 seasoned potatoes grilled tofu4 cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	jajangmyeon*fried egg*cheese8	marbled soybean paste stew10	back bone soup*noodle 8	hamburg steak omurice8.9	clam soft tofu stew8
	sweet and sour dumpling8	stir-fried sundae 8	sweet potato fries	braised pork tofu4.8	chicken cutlet 9
	shrimp and radish stew7	fried blue water	spinach mayo seasoning	dried radish	leek japchae
	udon soup cabbage kimchi green salad	bean sprouts seasoned cabbage kimchi ssam cabbage	pickled radish cabbage kimchi mandarin	shrimp seaweed soup7 cabbage kimchi green salad	pickled vegetable cabbage kimchi lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew*ramen 8 grilled meat 8.9 croquettes soybean stew 4 pickled cucumber seasoned cabbage kimchi	black rice chicken brot19 hamburg steak8.9 fish cake tteokbokki dried radish lemonade cabbage kimchi	black rice sujebi soup 8 chicken nuggets*mustard 9 egg custard 1 pickled blue water and radish yogurt cabbage kimchi	black rice rice cake dumpling soup braised pork and quail eggs1.8 stir-fried radish pumpkin herb pickled radish cabbage kimchi	black rice bean sprouts soup mapo tofu8.4 fish cake cutlet lunch box laver pickled vegetable cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺨(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(sulphite)