



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

| ★ | 01월 09일(월) | 01월 10일(화) | 01월 11일(수) | 01월 12일(목) | 01월 13일(금) |
|------------|--|---|---|--|--|
| breakfast | black rice udon soup fried egg1 curry rice chicken nuggets zucchini cabbage kimchi serial*milk1 toast*jam vegetable salad*D | black rice kimchi tofu soup fried egg1 grilled meat stir-fried anchovy steamed dumplings cabbage kimchi serial*milk1 toast*jam vegetable salad*D | black rice seaweed soup fried egg1 braised meatballs sausage stew spinach greens cabbage kimchi serial*milk2 toast*jam vegetable salad*D | black rice bean sprouts soup fried egg1 stir-fried pork croquettes dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D | black rice shireagi miso soup fried egg1 hamburg chop steak grilled tofu stir-fried fish cake cabbage kimchi serial*milk2 toast*jam vegetable salad*D |
| lunch | black rice | black rice | black rice | black rice | black rice |
| | beeg bulgogi*glass noodle | clam soft tofu stew | raw meat bibim ramen *pork cutlet gimbap | curry kimchi fried rice *fried chicken | pork belly tofu kimchi *noodle |
| | jjajang tteokbokki fried sausage pickled vegetable cabbage kimchi mandarin | pork ham chop steak seasoned sea urchin soybean stew cabbage kimchi green salad | stir-fried pork tofu stir-fried anchovy udon soup cabbage kimchi spring cabbage side dish | sundae steamed bean sprouts stir-fried seaweed stem pickled radish with celery cabbage kimchi tangerine tea | fried dumplings spinach greens shireagi miso soup cabbage kimchi orangeade |
| fixed menu | homemade pork cutlet8(soup*bread*juice*salad) | | | | |
| dinner | black rice rice cake dumpling soup stir-fried pork kimchi grilled tofu roasted seaweed yogurt radish kimchi | black rice chicken soup sweet and sour pork leek japchae pickled radish green salad cabbage kimchi | black rice seaweed soup stir-fried chicken kimchi pancakes dried radish ssam kelp cabbage kimchi | black rice pork kimchi tofu stew chili shopsticks ham scrambled eggs stir-fried anchovy green salad cabbage kimchi | black rice kimchi bean soup braised pork quail eggs stir-fried sausage soybean stew 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(sulfite)