



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	01월 23일(월)	01월 24일(화)	01월 25일(수)	01월 26일(목)	01월 27일(금)	
breakfast	<b>closed</b>		black rice shireagi miso soup fried egg1 curry rice hamburg steak dried radish cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice kimchi pork stew fried egg1 braised pork and quail eggs radish stew soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 chicken cutlet braised meatballs roasted seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D	
lunch			black rice beef cheese stone pot rice bibim noodle stir-fried anchovy shireagi miso soup cabbage kimchi wrapped kelp	black rice stir-fried chicken egg custard seasoned with host kimchi pork stew cabbage kimchi ssam cabbage	black rice fish cake udon noodles stir-fried pork chiness cabbage pickled radish cabbage kimchi green salad	
fixed menu			<b>homemade pork cutlet8(soup*bread*juice*salad)</b>			
dinner			<b>closed</b>		black rice back bone soup fish cutlet sausage ham stir-fry stir-fried seaweed stem dried radish cabbage kimchi	black rice sujebi dumpling soup stir-fried pork kimchi grilled tofu bean sprouts seasoned roasted seaweed cabbage kimchi

★ 원산지 표시 ★

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★ 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)