



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	02월 13일(월)	02월 14일(화)	02월 15일(수)	02월 16일(목)	02월 17일(금)
breakfast	black rice kimchi bean sprouts soup fried egg1 stir-fried pork tofu stew soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 vienna quail eggs spinach greens lemon seaweed seasoning cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stir-fried chicken croquettes cucumber dressing cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice fried egg1 curry rice sweet and sour pork dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice fried egg1 grilled tteokgalbi host herbs radish stew cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice pork tofu kimchi stew ham and egg custard soybean stew bean sprouts seasoned cabbage kimchi chicken cutlet yuringi	black rice fish cake noodles *grilled pork fish cake mushroom tangsu stir-fried seaweed stem pickled radish seasoning cabbage kimchi cabbage stew	black rice pork belly mayo rice bowl tteokbokki stir-fried broccoli mushrooms bean sprouts soup cabbage kimchi green salad	black rice backbone kimchi stew seasoned noodle grilled green laver radish kimchi cabbage kimchi tangerinr tea	black rice garlic grilled pork bibim jjolmyeon stir-fried fish cake shireagi miso soup cabbage kimchi lettuce*miso
	homemade pork cutlet8(soup*bread*juice*salad)				
fixed menu					
dinner	black rice chicken yukgaejang fish cake cutlet kimchi pancake stir-fried seaweed stem dried radish cabbage kimchi	black rice back bone soup grilled miat bean sprouts japchae stir-fried anchovy lettuce side dish cabbage kimchi	black rice beef seaweed soup braised pork and quail eggs chicken popcorn spinach greens lemonade cabbage kimchi	black rice shireagi miso soup hamburg chop steak braised pork tofu dried radish lettuce*miso cabbage kimchi	black rice udon soup stir-fried pork kimchi mini pork cutlet pickled radish grilled 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(sulphite)