



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	05월 08일(월)	05월 09일(화)	05월 10일(수)	05월 11일(목)	05월 12일(금)
breakfast	black rice sireagi miso soup fried egg1 grilled meat japchae cucumber dressing cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried chicken orange stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried pork kimchi steamed tofu roasted seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 braised tuna tofu king prawn tempura seasoned dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 braised pork and quail eggs orange stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	<b>self ramen corner(ramen*egg*rice*kimchi* salad*toast*serial)</b>				
lunch	black rice stir-fried pork jam sandwich host herbs sireagi miso soup cabbage kimchi lettuce*miso	black rice tuna mayo rice bowl grilled meat stir-fried fish cake shrimp seaweed soup cabbage kimchi seasoned with konjac	black rice cheese bag stew*ramen ratatouille meatballs fried tofu and cold vegetables seasoned dried radish cabbage kimchi lemonade	black rice mapo tofu*fried chicken tteokbokki cucumber dressing udon soup cabbage kimchi vegetable side dishes	black rice beef bone pork soup sweet and sour dumplings bean sprouts seasoned leek side dish cabbage kimchi yogurt
	<b>fixed menu</b>				
dinner	black rice beef bone rice cake dumpling soup braised pork and quail eggs leek fry soybean stew seasoned dried radish cabbage kimchi	black rice curry rice chicken cutlet stir-fried frank fusilli vegetable side dish udon soup cabbage kimchi	black rice beef seaweed soup sundae steamed bean sprouts mini pork cutlet stir-fried fish cake acorn jelly with vegetabales cabbage kimchi	black rice pork tofu soup hamburg chop steak boiled potatoes stir-fried anchovy wrapped kelp cabbage kimchi	black rice sireagi miso soup stir-fried pork fried spring rolls host herbs lettuce*miso 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)