



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	05월 22일(월)	05월 23일(화)	05월 24일(수)	05월 25일(목)	05월 26일(금)
breakfast	black rice udon soup fried egg1 curry rice chicken nuggets seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stir-fried pork kimchi mini pork cutlet roasted seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 fish cake cutlet braised pork tofu stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried chicken stir-fried anchovy lettuce side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried vienna sausages braised meatballs seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice pork chop steak*tomato egg custard bean sprouts seasoned udon soup cabbage kimchi green salad	black rice cheese spaghetti *takoyaki steamed backbone stir-fried seaweed stem bean sprouts soup cabbage kimchi cucumber and leek salad	black rice stir-fried chicken pork japchae host herbs siraegi miso soup cabbage kimchi lettuce*miso	black rice stir-fried pork*noodles chili sweet water pumpkin herb pickled radish cabbage kimchi yogurt	black rice poo pad pong curry *shrimp tempura braised pork and quail eggs stir-fried anchovy shrimp seaweed soup cabbage kimchi seasoned dried radish
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice pork kimchi tofu soup grilled meat stir-fried ramen seaweed salad lemonade cabbage kimchi	black rice chicken soup stir-fried vienna quail eggs leek fry vegetable side dish wrapped kelp cabbage kimchi	black rice beef bone rice cake dumpling soup hamburg chop steak braised ham potatoes soybean stew cucumber dressing cabbage kimchi	black rice shrimp seaweed soup stir-fried pork kimchi steamed tofu stir-fried fish cake roasted seaweed cabbage kimchi	black rice siraegi miso soup stir-fried pork tteobokki 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)