



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	06월 26일(월)	06월 27일(화)	06월 28일(수)	06월 29일(목)	06월 30일(금)
breakfast	black rice Kimchi Tofu Soup fried egg1 Hamburger chop steak Dumpling*soy sauce Seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 Stir-fried Pork and Kimchi Tofu*sauce pumpkin greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 fish cutlet*tartar sauce Stir-fried glass noodles with soy sauce Geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 Braised Spicy chicken stew stir-fried fish cake and vegetable Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 Grilled meat Braised tofu Stir-fried anchovies cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice Pork Stew*Sujebi Chicken cutlet japchae with pork Bean sprouts cabbage kimchi Lemonade	black rice iced noodles Pork bossam stir-fried fish cake and vegetable Dried Radish Salad cabbage kimchi lettuce*miso	black rice Spicy Stir-fried Chicken with Rice*fried egg water dumplings bean sprout mustard siraegi miso soup cabbage kimchi Geotjeori	black rice Sausage Penne Pasta pork chop steak Seasoned cucumber pickles shrimp seaweed soup cabbage kimchi Sikhye	black rice Mapa Tofu Pork and sweet and sour pork Tteokbokki egg soup cabbage kimchi Braised lotus root beans
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice Beef and Radish Soup Braised quail eggs with pork Stir-fried ramen pumpkin greens Sea tangle*Sauce cabbage kimchi	black rice Pork Backbone Stew Grilled meat Tofu*sauce Stir-fried Seaweed Stems Geotjeori cabbage kimchi	black rice Udon miso Soup Stir fried pork with sundae Candied Sweet Potatoes Geotjeori Lemonade cabbage kimchi	black rice Udon miso Soup Pork and Kimchi Jjigae Curry Rice Chicken popcorn Bean sprouts cabbage kimchi	black rice siraegi miso soup Stir-fried Pork Bulgogi Mushroom and pumpkin greens Mushroom and pumpkin greens lettuce*miso cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺨(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)