

한빛케터링
이월 17일~이월 23일



GIST's 2nd Student Restaurant Weekly Meal Table



	01-17 MON	01-18 TUE	01-19 WED	01-20 THU	01-21 FRI	01-22 SAT	01-23 SUN
breakfast	Soybean Paste Soup 5 White rice * Shrimp meat fried rice 9.10 Fried egg 1 pork meatballs and soy sauce 10 laver Braised tofu 5 Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup 5 White rice * Curry vegetable fried rice 10 Fried egg 1 Grilled chicken 15 Spinach greens Seasoned cucumbers Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Shrimp seaweed soup 9 White rice * Pork soy sauce rice Fried egg 1 Hamburger chop steak 10 Stir-fried anchovies Stir-fried potato salad Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Fish Cake Soup White rice * Seasoned laver rice 10 Fried egg 1 Braised quail eggs in Vienna 1.10 Sweet and sour pork 10 Braised shrimp with radish 9 Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	bean sprout soup White rice * Ham vegetable fried rice 10 Fried egg 1 Pork bulgogilo Braised lotus roots Lettuce fresh kimchi Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Radish perilla soup Black rice Fried egg 1 Grilled spam 10 Seasoned bean sprouts laver Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2	Udon soup 5 Black rice Fried egg 1 Braised meatball teriyaki 10 Stir-fried vegetables with sage 10 Seasoned dried radish Vegetable salad cabbage kimchi Cereal * Milk 2.6 Toast * Jam 2
lunch	Black rice Soybean Paste Soup 5 Stir-fried pork with bean sprouts 10 Vegetable croquette Stir-fried broccoli mushrooms Lettuce fresh kimchi cabbage kimchi crispy rice crust	Black rice Udon soup 5 Tomato pork spaghetti 10.15 Sweet and sour chicken 15 Braised beans Seasoned dried radish cabbage kimchi lemon tea	Black rice Shrimp seaweed soup 9 Grilled teriyaki chicken 15 Fish cake tofu sweet sauce 5 Seasoned bean sprouts Seasoned seaweed cabbage kimchi crispy rice crust	Black rice Fish Cake Soup pork chop 10 Spicy noodles 6 Stir-fried seaweed stem Spring fresh kimchi cabbage kimchi lemon tea	Black rice bean sprout soup Steamed pork backbone 10 Chicken nuggets 15 Seasoned crown daisy tofu 5 Cheonsa-chae crab meat salad cubed radish kimchi crispy rice crust	Black rice Radish perilla soup Chicken stew 15 Kimchi pancake 6 Bean sprout mustard salad Pickled garlic stems cabbage kimchi	Black rice Udon soup 5 Pork cutlet 10 Fish cake tteokbokki 6 Perilla leaf kimchi Pickled red pepper cabbage kimchi
snack	omelet rice 10 Grill sausagelo	Pork kimchi stew 10 Handmade meat dumpling 10	Hot stone pot bibimbap 10 Takokayki 6	Bean sprout soup 17 Poached egg 1	Pork steak jajangmyeon 6.10 Yogurt	It can be changed due to purchase circumstances	
dinner	Black rice Spicy Sausage Stew 10 Braised meatball tofu 5.10 Fish cake tteokbokki 6 Stir-fried seaweed stem Pickled radish cabbage kimchi	Black rice Pork back bone soup 10 Boiled pork and quail eggs 1.10 Sausage pancake 10 laver Fresh young radish kimchi cabbage kimchi	Black rice Soft tofu kimchi stew 5 Chicken cutlet 15 Braised potatoes with bacon 10 Spinach greens Seasoned seaweed and soybean paste cabbage kimchi	Black rice Soybean Paste Soup 5 Sweet pumpkin braised chicken 15 Vegetable croquette Stir-fried seaweed Seasoned dried radish cabbage kimchi	Black rice Udon soup 5 Mapa Tofu 5.10 Mini pork cutlet 10 Stir-fried fish cake and vegetables Pickled radish cabbage kimchi	Black rice Boiled dumpling soup 10 Kimchi tuna fried rice Popcorn chicken 15 Braised beans Seasoned seaweed cabbage kimchi	Black rice Shrimp seaweed soup 9 Stir-fried squid and pork 10.17 Stir-fried potato salad Stir-fried seaweed stem Fresh young radish kimchi cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈뼈(칠레) 소고기(호주산) 삼겹살(독일산) .닭(국내산) 고등어(국내산)

계란류egg 2.우유Milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.아황산류sulphite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut