

한빛케터링
07월 25일~07월 31일

GIST's 2nd Student Restaurant Weekly Meal Table

		07월 25일	07월 26일	07월 27일	07월 28일	07월 29일	07월 30일	07월 31일
b r e a k f a s t		Seaweed soup White rice*Ham kimchi fried rice Fried egg Stir-fried vegetables in Vienna Steamed dumplings with red chili-pepper sauce laver Vegetable salad cabbage kimchi Cereal*milk toast and jam	Soybean paste soup with dried radish leaves White rice*Seasoned rice with seaweed flakes Fried egg Gochujang bulgogi Acorn jelly sauce Chives with fresh kimchi Vegetable salad cabbage kimchi Cereal*milk toast and jam	Udonjanguk White rice. Oyster sauce fried rice Fried egg Chili Sweet and Sour Pork Braised spicy potatoes shredded daikon Vegetable salad cabbage kimchi Cereal*milk toast and jam	Spicy radish soup White rice. Ham vegetable fried rice Fried egg Grilled Spam Stir-fried eggplant and onion Bean sprouts Vegetable salad cabbage kimchi Cereal*milk toast and jam	Clear bean sprout soup White rice. Doncha soy sauce rice Fried egg fried chicken Stir-fried shredded potatoes Pickled radish Vegetable salad cabbage kimchi Cereal*milk toast and jam	soybean paste soup Black rice Fried egg Fish cutlets Stir-fried mushrooms Seasoned garlic Vegetable salad cabbage kimchi Cereal*milk toast and jam	bean sprouts soup Black rice Fried egg Chicken nuggets* mustard Braised radish with soy sauce Vegetable fresh kimchi Vegetable salad Cereal*milk toast and jam Vegetable salad
		Black rice Seaweed soup teriyaki bulgogi Braised shrimp with radish Seasoned bean sprouts Cabbage wrap*ssamjang cabbage kimchi Powder made of mixed grains	Black rice Soybean paste soup with dried radish leaves Miso Mapa Tofu Rice Bowl Grilled mackerel curry Pickled bellflower root radish Braised black beans cabbage kimchi Plum tea	Black rice Udonjanguk Meat spaghetti Chicken and cutlet cooking utensil Stir-fried green bean mushrooms Pickled garlic cabbage kimchi crispy rice crust	Black rice Spicy radish soup Braised Spicy Chicken in Andong Light tofu* seasoning sauce steamed dried radish leaves Seasoned garlic cabbage kimchi lemon tea	Black rice Clear bean sprout soup Don Yukpork chop Kimchi mixed noodles young radish greens Pickled onions cabbage kimchi Powder made of mixed grains	Black rice soybean paste soup Shinjeon Braised Spicy Chicken Vegetable croquette Stir-fried green laver and half Seasoned dried radish cabbage kimchi	Black rice bean sprouts soup Hamburg steak Seasoned squid and vegetables Seasoned seaweed with vinegar Stir-fried shreds cabbage kimchi
		Tonkatsu set Corn soup + morning bread *yogurt	Chogyee noodles a cup pizza that you scoop up	Cheese hot pot rice Apple Picnic	Spicy Seafood Noodles Bibimbap Takokayki	Assorted ham ramen Street toast		
		Black rice A bowl of acorn jelly Spicy Braised Spicy Chicken fried spring rolls braised burdock The noodles are rolled up cabbage kimchi	Black rice Dried radish kimchi potato soup Korean meatball pancake Hardcover japchae Broccoli-cooking society Stir-fried seaweed stem cabbage kimchi	Black rice Fish cake soup Soy sauce noodles and bulgogi Jjolmyeon with bean sprouts Stir-fried mushrooms Pickled radish cabbage kimchi	Black rice Udonjanguk curried rice Mini pork cutlet* ketchup Macaroni and corn salad Seasoned dried radish cabbage kimchi	Black rice Egg Soup Stir-fried Black Bean Noodles Braised tofu Cabbage fresh kimchi Pickled radish cabbage kimchi	Black rice Seaweed soup Chicken cutlet Sweet potato soup shredded daikon Seasoned garlic cabbage kimchi	Black rice bean sprouts soup Stir-fried kimchi pork Stir-fried udon with oyster sauce Cabbage bean sprouts Pickled radish cabbage kimchi

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

1.라면 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