



# GIST 제1학생식당 주간식단표



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

2021년 12월 한빛케터링

★	12월 06일(월)	12월 07일(화)	12월 08일(수)	12월 09일(목)	12월 10일(금)	12월 11일(토)	12월 12일(일)
조식	Black rice ①Radish radish soup ①Fried eggs ①①①Hamburg steak ①Stir-fried anchovies Cabbage sprouts cabbage kimchl ②②Cereal*MIlk Toast*Jam Vegetable salad*D	Black rice Udon Jangguk. ①scrambled eggs ①Braised Spicy Chicken ①①A vegetable croquette*Ketchup ①Seasoned bean sprouts, cabbage kimchl ②②Cereal*MIlk Toast*Jam Vegetable salad*D	Black rice Bean sprout soup. ①Steamed eggs and vegetables. ①①Quail egg jangjorim. Fried sausage gamjachae Seasoned seaweed lemons. cabbage kimchl ②②Cereal*MIlk Toast*Jam Vegetable salad*D	Black rice ①Shrimp seaweed soup. ①Fried eggs ①Stir-fried pork kimchl ①Soft tofu*Sauce seasoned Laver cabbage kimchl ②②Cereal*MIlk Toast*Jam Vegetable salad*D	Black rice Mushrooms and perilla seed soup ①Scrambled egg. ①①Vienna stir-fried vegetables. ①Grilled tofu*Sauce Seasoned cucumbers. cabbage kimchl ②②Cereal*MIlk Toast*Jam Vegetable salad*D		
	중식 정식	Black rice ①Radish radish soup ②②Stir-fried chicken curry ④④Head eomuk tangsu ④숙주나물Bean sprouts seasoned red pepper cabbage kimchl	Black rice Udon Jangguk. ①Pork kimchi stew ①①①Chicken popcorn*②②Mayo soup. ①Seasoned vegetable tofu. seasoned Laver cabbage kimchl	Black rice ①Bean sprouts soup ①①①Ratatouille meatballs ①Steamed eggs and vegetables. Fresh young radish kimchl. Ssam kelp*Sauce cabbage kimchl	Black rice ①Shrimp seaweed soup. ②②Pupwatpong Curry ①Bburinkle Sausage rice cake skewer Cabbage sprouts. Seasoned dried radish. cabbage kimchl	Black rice Mushrooms and perilla seed soup ①Pork bulgogi. ①①Boiled dumplings*Sauce Mulpa-rae, radish salad. Steamed cabbage*Ssamjang cabbage kimchl	
일품	①①Hot stone pot beef bone soup. ①①①Handmade meat dumpling.	②Snowflake cheese kimchi fried rice. ①Fried eggs *Yogurt	①①Korean banquet noodle soup ①①①Lettuce, fried	②②Pork backbone hangover soup. ①①Takokayki	①①Egg ramen. ①①Bulgogi rice burger.	휴	무
석식	Black rice ①Pork kimchi jjageuli. Stir-fried short rib pattles and sa Stir-fried bell peppers. ①Braised beans. Seasoned radish. cabbage kimchl	Black rice Loach soup of tuna ①①Fish cutlets*Tar the source ①Braised shrimp with radish. Stir-fried seaweed stem. Cucumber Seasoned cubed radish kimchl	Black rice ① soup with radish leaves. ①Hot pepper bulgogi. ①stir-fried Rice Cake ①Seasoned bean sprouts. Seasoned radish. cabbage kimchl	Black rice Udon Jangguk. Stir-fried chicken noodles Kimchl pancake Stir-fried oyster sauce. seasoned Laver cabbage kimchl	Black rice ①Kimchi tofu soup. ①Egg fried rice. Black bean sauce. Seasoned five welfare foods Vegetable salad*D cabbage kimchl		

★원산지표시★

쇠고기(호주산)돈육(국내산)돈뺀(수입산)삼겹살(독일산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★알레르기 유발식품 (Allergy-induced food labelling guedance) ★

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(sulphite)