



GIST 1st student cafeteria weekly menu



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

★	03월 14일(월)	03월 15일(화)	03월 16일(수)	03월 17일(목)	03월 18일(금)
lunch	black rice	black rice	black rice	black rice	black rice
	grilled pork belly&sausage	meat spaghetti*BLT sandwich	omurice *fried boneless chicken	beef bone sundae soup	stone pot flying fish rie rice *fried squid*lettuce
	stewed shrimp bean sprouts shiraegi miso soup cabbage kimchi	stewed pork tofu stir-fried broccoli birds shrimp seaweed soup cabbage kimchi	stir-fried vermicelli spring greens bean sprout soup cabbage kimchi	sweet and sour soup soybean stew stir-fried tribal vegetables cabbage kimchi	ratatouille meatballs stir-fried green bean fish cake five welfare acupuncture cabbage kimchi
salad bar	lettuce&chicory	green salad	lemon tea	green salad	lettuce&seasoned soy sauce
dinner	black rice backbone soup tteokgalbi pork chop stir-fried mushrooms seaweed soup pickled vegetables cabbage kimchi	black rice kimchi tofu soup cheese chicken stir-fry tteokbokki host greens five welfare acupuncture cabbage kimchi	black rice udon soup stir-fried pork squid kimchi fried rice stir-fried potatoes pickled lettuce cabbage kimchi	black rice beef seaweed soup chicken cutlet egg custard spring greens chicory citron sauce cabbage kimchi	black rice homemade secret soup stir-fried pork kimchi mini pork cutlet*chilli sauce bibim noodles risgrilled seaweed radish kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(국내산)삼겹살(독일산),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)⑮야황산염(sulphite)