



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

| ★ | 04월 25일(월) | 04월 26일(화) | 04월 27일(수) | 04월 28일(목) | 04월 29일(금) |
|-------------|---|--|--|---|---|
| breakfast | black rice northern fish soup fried egg1 stir-fried pork8 grilled tofu4 dried radish radish cabbage kimchi serial*milk2 toast*jam | black rice udon soup fried egg1 pork kimchi steamed steamed dumpling sausage rolls cabbage kimchi serial*milk1 toast*jam | black rice shiraegi miso soup fried egg1 chicken coop croquettes pumpkin sprouts cabbage kimchi serial*milk1 toast*jam | black rice shrimp seaweed soup fried egg1 spam grill stir-fried vermicelli pickled pepper cabbage kimchi serial*milk1 toast*jam | black rice udon soup fried egg1 stewed vienna quail eggs mini pork cutlet lunch box laver cabbage kimchi serial*milk1 toast*jam |
| | vegetable salad*D | vegetable salad*D | vegetable salad*D | vegetable salad*D | vegetable salad*D |
| lunch | black rice | black rice | black rice | black rice | black rice |
| | roast pork | noodle*fried chicken | foying fish roe rice | pork pilaf*pineapple | pork stew |
| | stir-fried rice cakes | stewed potatoes | chicken tangsuyuk | hamburger steak | stir-fried udon |
| | pumpkin sprouts bean sprout soup cabbage kimchi | pickled spinach five welfare cabbage kimchi | stewed tofu shiraegi miso soup cabbage kimchi | acorn mook stew shrimp seaweed soup cabbage kimchi | fried dumpling bean sprouts cabbage kimchi |
| lettuce | yogurt | cherry cock | green salad | strawberry juice | |
| single menu | homemade pork cutlet8 (soup*bread*fruit*salad) | homemade pork cutlet8 (soup*bread*fruit*salad) | homemade pork cutlet8 (soup*bread*fruit*salad) | homemade pork cutlet8 (soup*bread*fruit*salad) | homemade pork cutlet8 (soup*bread*fruit*salad) |
| dinner | black rice tofu stew steamed sundae dumpling sweet water host greens celery pickled radish cabbage kimchi | black rice sujebi soup meat-rich stew sausage rice cake stir-fried fish cake pickled pepper cabbage kimchi | black rice backone soup meatball tofu fried bean sprouts vermicelli myungyeop chaebeom dried radish cabbage kimchi | black rice udon soup spaghetti pork cutlet salad pickled radish tofu five welfare cabbage kimchi | black rice bean sprout soup stir-fried pork croquettes soybean stew lettuce*miso cabbage kimchi |

★ 원산지 표시 ★

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★ 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(sulphate)