



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	05월 02일(월)	05월 03일(화)	05월 04일(수)	05월 05일(목)	05월 06일(금)
breakfast	black rice udon soup fried egg1 hamburg steak chicken sweetand sour stir-fried fish cake cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 fried chicken fried eggplant pickled seaame leaves cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 stir-fried pork ptoato stir-fry acorn jelly cabbage kimchi serial*milk1 toast*jam vegetable salad*D		black rice shiraegi miso soup fried egg1 grilled tteokgalbi cheese potatoes soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	lunch	lunch	closed	lunch
	black rice cream chop steak *potato fries kimchi noodles stir-fried bean sprouts udon soup cabbage kimchi tomato lettuce salad	black rice pork belly with bean sprouts *froed squid and lettuce stir-fried broccoli mushrooms pickled cucumber and leek shiraegi miso soup cabbage kimchi lettuce*soy sauce	black rice omurice*ice dumpling chicken cutlet mugwort green tofu bean sprout soup cabbage kimchi pickled onion		black rice soybean noodles matching sweet and sour pork spinach greens five welfare acupuncture cabbage kimchi green salad
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)
dinner	black rice beef seaweed soup grilled tteokgalbi ramen rice cake stir-fry pumpkin sprouts pickled sesame leaves cabbage kimchi	black rice beef bone rice dumpling soup stir-fried pork kimchi grilled tofu*seasoning sauce celery pickled radish lunch box lavaf cabbage kimchi	black rice shiraegi miso soup fried chicken sweet potato fries host greens pickled pepper cabbage kimchi		black rice kimchi soup jjajang sauce fish cutlet stir-fried fish cake dried radish cabbage kimchi

★ 원산지표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(국내산)삼겹살(미국산),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(sulgate)



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2022년 에이치비푸드시스템

★	05월 09일(월)	05월 10일(화)	05월 11일(수)	05월 12일(목)	05월 13일(금)
breakfast	black rice udon soup fried egg1 curry rice8 grilled tofu4 with lettuce cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shrimp seaweed soup7 fried egg1 stir-fried pork8 stir-fried fish cake pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice pumpkin miso soup fried egg1 pork and quail eggs1.8 shrimp tempura7 spinach greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 squid potato stew pork sweet and sour8 pumpkin sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 sauteed vienna sausage8.9 steamed dumpling8 bean sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice laver rice* roast pork8 bean sprouts soybean stew4 udon soup cabbage kimchi lettuce*mugwort*miso	black rice marbled spaghetti 10 chicken popcorn9 pumpkin sprouts shrimp seaweed soup7 cabbage kimchi green salad	black rice flying fish roe rice *pork tortilla8 sausage rolls8.9 pickled cucumber pumpkin miso soup cabbage kimchi yogurt	black rice radish noodles *fried chicken9 stir-fried frank fish cake spinach greens pickled radish cabbage kimchi green salad	black rice pork stew8 hamburger chop steak8.9.10 bread churros host greens cabbage kimchi chicory yuzu pickle
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 nagasaki champon8.11 stir-fried sundae chicken9.8 squid hot bar11 pickled vegetables kelp*red pepper paste cabbage kimchi	black rice backbone soup8 meaty roast8 cheese potatoes stir-fried seaweed stem dried radish radish cabbage kimchi	black rice udon soup stir-fried pork8 fried dumplings4.8 married couple second hand lettuce*miso cabbage kimchi	black rice shiraegi miso soup pork belly kimchi steamed8 roasted round tang8.9 lunch box laver yogurt radish kimchi	black rice bean sprout soup mapo tofu4.8 chicken cutlet yurin9 stir-fried fish cake five welfare seasoning cabbage kimchi

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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) ⑮아황산염(sulphite)



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★	05월 16일(월)	05월 17일(화)	05월 18일(수)	05월 19일(목)	05월 20일(금)
breakfast	black rice shiraegi miso soup fried egg1 hamburg steak pumpkin sprouts five welfare acupuncture cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 curry rice sausage rolls pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork kimchi mini pork cutlet hot tofu cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 grilled tteokgalbi stewed potatoes stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 meaty roast stir-fried vermicelli stir-fried seaweed stem cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice pork belly fried rice tomato meatballs cucumber stick bean sprout soup cabbage kimchi cherry cock	black rice barley bibimpap *pork stew stir-fried fish cake dried radish radish shiraegi miso soup cabbage kimchi lettuce*miso	black rice bag srir-fry*ramen dumpling sweet water stir-fried vermicelli udon soup cabbage kimchi green salad	black rice dry wheat*cold sauce pork and quail eggs soybean stew shrimp seaweed soup cabbage kimchi sandwich	black rice pork soup grilled tteokgalbi stir-fried rice cakes pickled lettuce cabbage kimchi lemon tea
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 chicken stew chicken cutlet stir-fried rice cakes pumpkin sprouts pickled pepper cabbage kimchi	black rice beef soup chili meatballs bibim ramem soybean stew five welfare acupuncture cabbage kimchi	black rice sujebi dumpling soup fried chicken squid hot bar bean sprouts acorn porridge cabbage kimchi	black rice pumpkin miso soup stir-fried pork sausage rolls spinach greens lettuce*miso radish kimchi	black rice udon soup jjajang sauce pork sweet and sour host greens pickled vegetables cabbage kimchi

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

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★	05월 23일(월)	05월 24일(화)	05월 25일(수)	05월 26일(목)	05월 27일(금)
breakfast	black rice shrimp seaweed soup7 fried egg1 chicken cutlet9 pumpkin sprouts stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice pumpkin tofu miso soup4 fried egg1 fried chicken9 pickled cucumber lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 vienna quail eggs8.9.1 stewed tofu4 acorn jelly cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 stir-fried pork8 eggplant croquettes cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 grilled tteokgabi8.9 stir-fried potatoes lemon wakame seasoning cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	lunch	lunch	lunch	lunch
	black rice pork cream chop steak8 *rice ice cream bibim noodle bean sprouts shrimp seaweed soup cabbage kimchi green salad	black rice pork ribs kimchi steamed8 chilli eggplant sugar squid potato stew 11 pumpkin tofu miso soup4 cabbage kimchi mixed grain powder	black rice kimchi noodles *fried chicken9 stir-fried fish cake soybean stew4 five welfare acupuncture cabbage kimchi green salad	black rice pork pilaf8 *squid hot bar11 bibim noodle pumpkin sprouts bean sprout soup cabbage kimchi cherry cock	black rice backbone soup8 pork sweet and sour8 host greens pickled pepper cabbage kimchi lemonade
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 bag stew*ramen8 pork and quail eggs8.1 fried dumplings8 stir-fried seaweed stem chicory pickle cabbage kimchi	black rice backbone soup8 meaty roast8.9 seaweed pickle host greens pickled pepper cabbage kimchi	black rice shiraegi miso soup stir-fried pork8 sweet potato pumpkin sprouts lettuce*miso cabbage kimchi	black rice shrimp seaweed soup7 chicken curry rice9 fish cutlet stir-fried seaweed stem dried radish cabbage kimchi	black rice udon soup stir-fried pork kimchi8 hot tofu*seasoning sauce4 stir-fried fish cake five welfare acupuncture cabbage kimchi

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