



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	06월 20일(월)	06월 21일(화)	06월 22일(수)	06월 23일(목)	06월 24일(금)
breakfast	black rice udon soup fried egg1 stir-fried pork kimchi grilled tofu mini pork cutlet cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 fried chicken spicy cucumber pickle fried potato cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 cream tteokgalbi sausage rolls pickled leek cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice homemade secret soup fried egg1 stewed vienna quail eggs croquettes acorn jelly cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 curry rice fish cutlet five welfare acupuncture cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	soybean noodles *pork onigiri	roast pork	marbled rice mixed	nutrition chicken porridge	egg fried rice
	fried dumplings	chili eggplant sugar	stir-fried tofu vermicelli	cream sauce meatballs	kimchi steamed spine
	stir-fried fish cake	pumpkin sprouts	jeooy bean paste	ramen bean sprouts cold	stir-fried seaweed stem
	five welfare acupuncture cabbage kimchi green salad	shrimp seaweed soup cabbage kimchi lettuce*miso	shiraegi miso soup cabbage kimchi potato butter roast	fresh seaweed cabbage kimchi cherry cock	udon soup cabbage kimchi green salad
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice nagasaki champon soup hamburg steak stir-fried frank sausage seaweed salad dried radish cabbage kimchi	black rice udon soup fried chicken bibim noodle soybean stew cucumber*miso cabbage kimchi	black rice pork and pumpkin stew chicken cutlet stir-fried fish cake five welfare acupuncture pickled lettuce cabbage kimchi	black rice shiraegi miso soup stir-fried pork potato stir-fry dried radish pepper miso pickle cabbage kimchi	black rice kimchi tofu soup roasted meat water dumplings host greens lunch box laver cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(국내산)삼겹살(미국산),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)