



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	11월 14일(월)	11월 15일(화)	11월 16일(수)	11월 17일(목)	11월 18일(금)
breakfast	black rice kimchi tofu soup fried egg1 stir-fried pork kimchi tofu mandarin cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 fried chicken sausage stew radish raw vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice mushroom perilla soup fried egg1 hamburg steak host greens meat dumplings cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice pumpkin miso soup fried egg1 sweet and sour pork stewed potatoes pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork stir-fried green bean pickled lettuce cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	lunch	black rice pork stew mayo meat ball stir-fried anchovy pickled cucumber cabbage kimchi lemonade	black rice pork belly spaghetti mini pork cutlet squid potato stew seaweed soup cabbage kimchi tangerine tofu salad	black rice curry fried rice*fried chicken stir-fried french fish cake dried radish mushroom perilla soup cabbage kimchi green salad	black rice cheese flying fish roe rice fried squid spinach greens pumpkin miso soup cabbage kimchi lettuce*miso
single menu	<b>homemade pork cutlet(soup*bread*juice*salad)</b>				
dinner	black rice backbone soup vienna quail eggs popcorn chicken pickled radish yogurt cabbage kimchi	black rice beef radish soup japchae fish cutlet dried radish fresh kelp cabbage kimchi	black rice shireagi miso soup stir-fried pork stir-fried ham green beans stir-fried anchovy ssam cabbage*miso cabbage kimchi	black rice bean sprout soup stir-fried pork kimchi tofu lunch box laver lemonade cabbage kimchi	black rice udon soup curry rice chicken cutlet dried radish green salad 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)⑮아황산염(sulfite)