



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	02월 06일(월)	02월 07일(화)	02월 08일(수)	02월 09일(목)	02월 10일(금)
breakfast	black rice shireagi miso soup fried egg1 hamburger chop steak stir-fried vermicelli dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried chicken croquettes stir-fried dried pumpkin cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried bean meat ham chop steak raw radish cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 grilled meat stir-fried fish cake pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 stir-fried pork kimchi mini pork cutlet roasted seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice beef bulgogi soup sundae bean sprouts steamed kimchi pancake pickled radish cabbage kimchi green salad	black rice noodle soup*braised pork spinach freens stir-fried anchovy dried radish cabbage kimchi lettuce	black rice fried chicken *pork kimbap pork kimchi tofu stew stir-fried green bean fish cake seasoned with seaweed cabbage kimchi vegetable side dish	black rice pork omurice shrimp and radish stew stir-fried broccoli bean sprouts soup cabbage kimchi green salad	black rice back bone soup chicken cutlet host herbs lettuce side dish cabbage kimchi lemonade
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice shrimp seaweed soup stir-fried pork belly and kimchi seasoned noodle soybean stew roasted seaweed cabbage kimchi	black rice beef rice cake soup steamed backbone blue water pancake pickled radish yogurt cabbage kimchi	black rice bag stew*ramen chicken cutlet chinese cabbage green salad orangeade cabbage kimchi	black rice pork tofu stew chili knaponggi water dumplings stir-fried anchovy lettuce side dish cabbage kimchi	black rice udon soup curry rice vienna quail eggs lunch box laver dried radish cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(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)⑮아황산염(sulfite)