



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	03월 27일 (월)	03월 28일 (화)	03월 29일 (수)	03월 30일 (목)	03월 31일 (금)
breakfast	black rice seaweed soup fried egg1 stir-fried pork kimchi grilled tofu grilled leaves cabbage kimchi serial*milk1 toast*jam	black rice udon soup fried egg1 pork chop steak meat dumplings pickled pepper cabbage kimchi serial*milk1 toast*jam	black rice shiraegi miso soup fried egg1 vienna quail eggs braised tuna tofu seasoned dried radish cabbage kimchi serial*milk1 toast*jam	black rice kimchi tofu soup fried egg1 stir-fried chicken stir-fried vermicelli soybean stew cabbage kimchi serial*milk1 toast*jam	black rice bean sprouts soup fried egg1 curry rice fish cutlet vegetable side dishes cabbage kimchi serial*milk2 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
	bag stew*ramen	aglio olio pasta*fried chicken	barley sprout bibim rice *boiled pork	jajamgmyeon*egg*cheese	flying fish roe stone pot rice
	bulk stewed meat	seasoned mugwort tofu	stir-fried anchovy	host herbs	stir-fried pork udon noodle
	cheese tteokbokki	cucumber dressing	seasoned dried radish	pickled radish seasoning	soybean stew
	seasoned with three herbs cabbage kimchi	udon soup cabbage kimchi	shiraegi miso soup cabbage kimchi	pork kimchi stew cabbage kimchi	bean sprouts soup cabbage kimchi
five blessings	green salad	lettuce*miso	fried bread	green salad	
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice rice cake dumpling soup braised pork and quail eggs	black rice chicken yurgaejang soup fish cutlet	black rice pork tofu stew chilli chopsticks egg custard	black rice shrimp seaweed soup steamed pork bone shiraegi sweet and sour dumpling	black rice shiraegi miso soup stir-fried pork fried sausage
	bibim jjolmyeon soybean stew wrapped kelp cabbage kimchi	fried tofu and cold vegetables cucumber dressing lemonade cabbage kimchi	seaweed salad vegetable side dishes cabbage kimchi	water parsley radish seasoning green salad cabbage kimchi	seasoned dried radish lettuce*miso 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 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)