



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	06월 05일(월)	06월 06일(화)	06월 07일(수)	06월 08일(목)	06월 09일(금)
breakfast	black rice siraegi miso soup fried egg1 Braised Spicy Chicken Japchae seasoned dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	Holiday	black rice Kimchi and Bean Sprout Soup fried egg1 Jeyuk bokkeum Stir-fried anchovies Seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 Curry Rice Hamburger chop steak Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 chili Japchae Dumpling * soy sauce Lettuce geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice Pork Backbone Hangover Soup*noodle fish cutlets*Tartar Sauce jam sandwich Cherry Coke cabbage kimchi Geotjeori	Holiday	black rice Sliced pork belly char siu over rice Steamed eggs Dried Radish Salad Kimchi and Bean Sprout Soup cabbage kimchi watermelon Hwachae	black rice bibimbap*braised Pork Stir-fried Green Bean Fish Cake Stir-fried anchovy and red pepper siraegi miso soup cabbage kimchi Lemonade	black rice Fried tofu udon noodles*Fried Chicken Braised potatoes Seasoned bean sprout mustard Pickled radish with chives cabbage kimchi Sea tangle*Sauce
fixed menu	<b>homemade pork cutlet8(soup*bread*juice*salad)</b>				
dinner	black rice shrimp seaweed soup Red Chili Paste Pork Bulgogi bibim noodles Seasoned chives Yogurt cabbage kimchi	Holiday	black rice Chicken Soup ep-fried Chicken in Hot Pepper Sau Ramen tteokbokki Seasoned Radish Sea tangle*Sauce cabbage kimchi	black rice bean sprouts soup Spicy Stir-fried Chicken Mushroom and pumpkin greens Dried Radish Salad lettuce*miso cabbage kimchi	black rice Dumpling soup ep-fried Pork with Orange Sauce pork Japchae braised beans Geotjeori 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) ⑮아황산염(sulfite)