



GIST's 2nd Student Restaurant Weekly Meal Table



	03-21 MON	03-22 TUE	03-23 WED	03-24 THU	03-25 FRI	03-26 SAT	03-27 SUN
b r e a k f a s t	Soybean Paste Soup White rice * Seasoned laver rice 1lo	Udon soup White rice * Shrimp meat fried rice 9.1lo	seaweed soup White rice * Crab meat fried rice	Bean sprout soup White rice * Ham vegetable fried rice 1lo	Fish Cake Soup White rice * Pork soy sauce rice 1lo	Soybean Paste Soup Black rice	Kimchi tofu soup Black rice
	Fried egg 1	Fried egg 1	Fried egg 1	Fried egg 1	Fried egg 1	Fried egg 1	Fried egg 1
	roasted chicken 15	pork bulgogi 1lo	Chicken cutlet 15	boiled pork with soy sauce 1.1lo	Sweet and sour pork 1lo	meatball teriyaki 1lo	grilled spam 1lo
	vegetable croquette	Stir-fried shredded potatoes	stir-fried pumpkin	grilled tofu	seasoned spinach	Fried French vegetables 1lo	Seaweed radish salad
	Pickled red pepper	seasoned chives and cucumbers	broccoli board	radish salad	seasoned dried radish	laver	Pickled red pepper
	Vegetable salad	Vegetable salad	Vegetable salad	Vegetable salad	Vegetable salad	Vegetable salad	Vegetable salad
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
	Cereal * Milk 2.6	Cereal * Milk 2.6	Cereal * Milk 2.6	Cereal * Milk 2.6	Cereal * Milk 2.6	Cereal * Milk 2.6	Cereal * Milk 2.6
Toast * Jam 2	Toast * Jam 2	Toast * Jam 2	Toast * Jam 2	Toast * Jam 2	Toast * Jam 2	Toast * Jam 2	
L U N C H	Black rice Soybean Paste Soup	Black rice Udon soup	Black rice seaweed soup	Black rice Bean sprout soup	Black rice Fish Cake Soup	Black rice Soybean Paste Soup	Black rice Kimchi tofu soup
	Mapa Tofu 1lo	meatball ratatouille 1lo	Stir-fried spicy pork with mushrooms 1lo	Hamburg steak and pineapple 1lo	Braised Spicy Chicken with Kimchi 1.5	Bulgogi with soy sauce 1lo	steamed pork backbone 1lo
	Fish cutlets	Kimchi pancake	soft tofu	Spicy jjolmyeon	vegetable croquette	Fried dumplings 1lo	Stir-fried fish cake noodles
	chicory citron salad	balsamic pasta salad	Stir-fried kimchi	Stir-fried fish cake	stir-fried garlic stems	steamed cabbage	Stir-fried mushroom
	seaweed radish salad	stewed beans	seasoned bean sprouts	dried fish salad	seasoned cucumber	seasoned dried radish	pickled radish
	cabbage kimchi	cabbage kimchi	cubed radish kimchi	cabbage kimchi	cubed radish kimchi	cabbage kimchi	cabbage kimchi
	lemon tea	crispy rice crust	lemon tea	crispy rice crust	lemon tea		
코 너	Vegetable tuna bibimbap	Pork and Rice Soup 1lo	Black Bean Noodles. Egg cheese 1.1lo	Fried chicken with mayo rice 1.15	Bean sprout ramen		
	glazed morning bread 6	grape juice	fried dumpling	Yogurt	hand-made skewer 1lo		
D i n n e r	Black rice Pork Back-bone Stew 1lo	Black rice Bean sprout soup	Black rice warm noodles	Black rice Kimchi tofu soup	Black rice Udon soup	Black rice potato sujebi soup	Black rice seaweed soup
	grilled meat and vegetables 1lo	spicy grilled chicken 15	steamed monkfish	sweet and sour pork 1lo	Curry rice 1lo	Stir-fried sundae and vegetable 1.5lo	Braised chicken with soy sauce 1.5
	Spicy tteokbokki	candied sweet potatoes	Sausage and rice cake 1lo	Spicy stir-fried udon 6	Honey Butter Chicken Ball 15	pink sausage pancake 1lo	stewed spicy tofu
	seasoned garlic stems	dried radish greens	laver	seasoned spring greens	pickled radish	seasoned vegetables	stir-fried cabbage
	spicy seasoned cabbage	seasoned cabbage	Stir-fried mushroom	soy sauce perilla leaf paper	stir-fried seaweed	stewed beans	seasoned seaweed
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi

쌀(국내산) 배추김치(국, 찌개, 볶음, 반찬):배추(중국산)고추가루(중국산)돈육(국내산) 돈뽀(칠레) 소고기(호주산) 삼겹살(독일산) .닭(국내산) 고등어(국내산)

1.세란류 egg 2.우유Milk 3.메밀buckwheat 4.땅콩Peanut 5.대두Soybean 6.밀Wheat 7.고등어Mackerel 8.게Crab 9.새우Shrimp 10.돼지고기Pork 11.복숭아Peach 12.토마토Tomato 13.아황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (국, 전복, 호환 등) 19. 잣pine nut