

	11월 14일	11월 15일	11월 16일	11월 17일	11월 18일	11월 19일	11월 20일
breakfast	Seaweed soup White rice*Kimchi ham fried rice lo	Soybean Paste Soup White rice*Seasoned rice with seaweed lo	bean sprouts soup White rice*Curry fried rice lo	Clear tofu soup Black rice	udon soup White rice*Vegetable ham and rice lo	Fish Cake Soup Black rice	Soybean Paste Soup Black rice
	Fried egg 1 Chicken cutlet	Fried egg 1 fried chicken 15	Fried egg 1 Fish cutlets	Fried egg 1 Grilled Spam lo	Fried egg 1 Spicy Stir-fried Pork lo	Fried egg 1 Stir-fried Vienna ketchuplo	Fried egg 1 Chicken Nuggets 15
	braised potatoes Seasoned dried fish	Grilled tofu fresh vegetable salad	Stir-fried fish cake Pickled cucumber	soft tofu Green grape pudding	Stir-fried mushrooms Pickled radish	Vegetable croquette Seasoned garlic	steamed dumpling lo Seasoned radish
	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi	vegetable salad cabbage kimchi
	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6	cereal* milk 2.6 Toast* jam 6
lunch	Black rice Seaweed soup	Black rice Soybean Paste Soup	Black rice bean sprouts soup	Black rice Clear tofu soup	Black rice udon soup	Black rice Fish Cake Soup	Black rice Soybean Paste Soup
	Miso Mapa Tofu lo Sweet and sour dumplings lo	Pumpkin bulgogi lo Fish cake and japchae	Jjajang meatball lo Bacon cream tteokbokki lo	Stir-fried kimchi pork lo braised radish with shrimp	Rice topped with vegetables lo Okonomiyaki	Hamburg steak lo Kimchi mixed noodles	Gochujang Bulgogi lo Spring roll
	Stir-fried green bean Pickled radish	cabbage wrap Seasoned dried radish	Seasoned crab meat with vegetables Seasoned perilla leaf	Broccoli ham bread lo Pickled cucumber	seasoned mugwort tofu Seasoned garlic	seasoned bean sprouts Seasoned dried fish	Stir-fried fish cake seasoned bean sprouts
	cabbage kimchi crispy rice crust	cabbage kimchi mixed grains	cabbage kimchi crispy rice crust	cabbage kimchi lemon tea	cabbage kimchi crispy rice crust	cabbage kimchi	cabbage kimchi
korea	Rice topped with pork ribs lo Apple juice	Stone pot bibimbap lo mini burger	Braised Spicy Chicken with Kimchi 15 Yogurt	Foundation Day of GIST	Boiled pork rice noodles lo Old Twisted Bread		
Dinner	Black rice Spicy Sausage Stew lo	Black rice backbone stew lo	Black rice udon soup	Black rice Soybean Paste Soup	Black rice bean sprouts soup	Black rice Seaweed soup	Black rice udon soup
	Steamed sundae lo stir-fried Rice Cake	Grilled mackerel curry Sweet and sour chili tofu	Braised spicy pork lo Vegetable croquette	curried ricelo Mini pork cutlet lo	Braised Spicy Chicken 15 Braised konjac	Steamed monkfish Glazed sweet potatoes	Fresh Sweet and Sour Pork lo soft tofu
	Corn salad Pickled cucumber	Cabbage greens Noodles	crown daisy greens braised beans	Stir-fried zucchini Seasoned dried radish	Seasoned cabbage Seasoned dried fish	Stir-fried seaweed stem laver	fresh vegetable salad 짜사이무침
	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) 돈뼈(칠레) 소고기(호주산) 삼겹살(독일산) 닭(국내산) 고등어(국내산)

1. 계란류egg 2. 우유milk 3. 메밀buckwheat 4. 땅콩Peanut 5. 대두Soybean 6. 밀Wheat 7. 고등어Mackerel 8. 게Crab 9. 새우Shrimp 10. 돼지고기Pork 11. 복숭아Peach 12. 토마토Tomato 13. 아황산류sulfite 14. 호

두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut