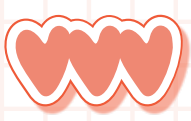


한빛케터링
7월 24일~07월 30일



GIST's 2nd Student Restaurant Weekly Meal Table



	07월 24일	07월 25일	07월 26일	07월 27일	07월 28일	07월 29일	07월 30일		
b r e a k f a s t	Udon soup White rice * kimchi fried rice lo Fried egg l Chicken nuggets lo Stir-fried Green Bean Ham lo vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Soybean Paste Soup White rice * Curry fried rice lo Fried egg l Grilled chicken 15 Stir-fried fish cake and vegetables vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	bean sprout soup White rice * Stir-fried vegetable ham lo Fried egg l Stir-fried Pork lo fresh kimchi vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Seaweed soup White rice * Seaweed seasoned rice lo Fried egg l Braised meatballs lo Grilled tofu vegetable salad cabbage kimchi Toast * Jam Cereal * Yogurt	Tofu kimchi soup White rice * Rice with pork and soy sauce lo Fried egg l Grilled Spam lo Fried dumplings lo vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Fish cake soup Black rice Fried egg l Chicken cutlet Green grape pudding vegetable salad cabbage kimchi Toast * Jam Cereal * milk	Spicy radish soup Black rice Fried egg l Hamburger steak Steamed broccoli vegetable salad cabbage kimchi Toast * Jam Cereal * milk		
	L u n c h e n c h e n	Black rice Udon soup Meat Spaghettilo Popcorn chicken salad 15 Stir-fried zucchini Pickle jalapeno cabbage kimchi	Black rice Soybean Paste Soup Stir-fried zucchini and pork lo glazed sweet potatoes Seasoned seaweed seasoned garlic stems cabbage kimchi	Black rice bean sprout soup Mapa eggplant over rice lo Fried mini steamed bread Stir-fried Mushrooms Braised black beans cabbage kimchi	Black rice Seaweed soup Stir-fried pork with soy sauce lo soft tofu Seasoned radish Seasoned dried radish cabbage kimchi	Black rice Tofu kimchi soup Rose hamburger steak lo Fish cake japchae Mango yogurt salad Seasoned red pepper cabbage kimchi	Black rice Fish cake soup Black bean sauce lo Braised meatball rice cake lo fresh kimchi Seasoned perilla leaves cabbage kimchi	Black rice Spicy radish soup Steamed bean sprouts with monkfish Vegetable Croquettes laver Pickled Cucumbers cabbage kimchi	
		코 너	Spicy stir-fried pork bibimbap lo Steamed dumplings lo	Soff Tofu Soup lo Coolpiece	Cold Kimchi Noodles hot dog	Pork cutlet * Cream Soup French fries*yort	Sundae soup Jelly Po		
			D i n n e r	Black rice Pork Back-bone Stew lo Braised mushroom pork balls lo seasoned dried fish Pickled Cucumbers Yogurt cabbage kimchi	Black rice Spicy Beef Soup lo pork with soy sauce lo fresh kimchi Pickled radish small noodles cabbage kimchi	Self-made Mayo Rice Fish cake soup stir-fried rice cake teriyaki dumpling lo Powder made of mixed grains Pickled radish / seaweed cabbage kimchi	Black rice Spicy Cold Soup Steamed pork with quail eggs lo Bibim Spring Circle Steamed sweet pumpkin Seasoned perilla leaves cabbage kimchi	Black rice Soft tofu egg soup Rice with kimchi ham lo Chicken nuggets 15 Stir-fried Seaweed Stems Seasoned dried radish cabbage kimchi	Black rice Soybean Paste Soup Stir-fried pork lo Soy sauce noodles Bean sprouts Braised black beans 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.야황산류sulgite 14.호두walnut 15. 닭고기chicken 16. 쇠고기beef 17. 오징어Squid 18. 조개류shellfish (굴, 전복, 홍합 등) 19. 잣pine nut