

한빛케터링
5월 15일~05월 21일

GIST's 2nd Student Restaurant Weekly Meal Table

	05월 15일	05월 16일	05월 17일	05월 18일	05월 19일	05월 20일	05월 21일		
b r e a k f a s t	Seaweed soup White rice * Kimchi fried rice 10 Fried egg 1 Chicken nuggets 15 Green bean stir-fried ham 10 vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	Soybean Paste Soup White rice * Curry fried rice 10 Fried egg 1 Grilled chicken 15 Stir-fried eggplants vegetable salad cabbage kimchi Cereal * Yogurt 2.6 Toast * Jam 6	Fish cake soup White rice * Pork soy sauce rice 10 Fried egg 1 Grilled pork balls 10 Grilled tofu vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	bean sprout soup White rice * Stir-fried vegetable ham 10 Fried egg 1 Stir-fried pork 10 fresh kimchi vegetable salad cabbage kimchi Cereal * Yogurt 2.6 Toast * Jam 6	Tofu kimchi soup White rice * Seaweed seasoned rice Fried egg 1 Grilled Smoke Ham 10 Steamed dumplings 10 vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	clear radish soup Black rice Fried egg 1 Stir-fried Vienna vegetables 10 Green grape pudding vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6	Udon soup Black rice Fried egg 1 Hamburger steak 10 blanched broccoli vegetable salad cabbage kimchi Cereal * milk 2.6 Toast * Jam 6		
	L u n c h 저녁	Black rice Seaweed soup Curry and rice 10 Mini pork cutlet 10 Mugwort leaves dried radish salad cabbage kimchi	Black rice Soybean Paste Soup Green pumpkin bulgogi 10 Fried broccoli mushrooms Seaweed and seaweed salad Pickled red pepper cabbage kimchi	Black rice Fish cake soup barbecue hamburger steak 10 Vongole Short Pasta 18 fresh kimchi braised beans cabbage kimchi	Black rice bean sprout soup pepper japchae 10 Powder made of mixed grains cabbage with soybean paste Seasoned perilla leaves cabbage kimchi	Black rice Tofu kimchi soup chopsticks 10 glazed sweet potatoes seasoned vegetables seasoned garlic stems cabbage kimchi	Black rice clear radish soup Mapa tofu over rice 10 Seasoning dumplings 10 Pickled radish Stir-fried eggplants cabbage kimchi	Black rice Udon soup Stir-fried Soondae 10 Stir-fried pork with red pepper paste Stir-fried zucchini Braised lotus roots cabbage kimchi	
		코너	Rice with flying fish roe hot dog 10	Chicken kalguksu 15 Curry and ricelo	Spicy pork with rice 10 Juicy Cool	Grilled chicken 15 Egg fried rice 1	Pork cutlet and wedge potatoes 10 cream soup and yogurt		
			D i n n e r	White rice Konjac Fish Cake Soup teriyaki pork ball 10 Vegetable mixed dumplings 10 braised beans Pickled radish / seaweed flakes cabbage kimchi	Black rice Pork Back-bone Stew 10 Spicy mackerel 7 Corn mayo salad fresh kimchi Pickled radish cabbage kimchi	Black rice Chicken Porridge 15 Korean style meatball 10 Seasoned cucumber pickles dried radish salad Powder made of mixed grains cabbage kimchi	Black rice Soft tofu jjamppong 10 Sweet and sour pork with soy sauce 10 Stir-fried mala fish cake Stir-fried seaweed stems Pickled cucumber cabbage kimchi	Black rice bean sprout soup Cheongyang meatballs 10 Braised quail eggs with mushrooms Braised dried shrimp cabbage 9 Braised lotus roots cabbage kimchi	Black rice Seaweed soup Stir-fried seaweed stems potato croquette Seasoned dried fish laver 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