



IST 제1학생식당 주간식단표



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

2021년 12월 한빛케터링

★	11월 29일(월)	11월 30일(화)	12월 01일(수)	12월 02일(목)	12월 03일(금)	12/04(토)	12/05(일)
조식	Black rice Udon Jangguk ①Fried eggs ②②Stir-fried short rib patties ③Grilled tofu*Sauce ④Seasoned radish bean paste cabbage kimchl ⑤⑥Cereal*Milk ⑦⑧Toast*Jam ⑨Vegetable salad*D	Black rice Seaweed soup ①Steamed eggs and vegetables ②③Pork bulgogi Seasoned vegetables Seasoned sesame leaves cabbage kimchl ④⑤Cereal*Milk ⑥⑦Toast*Jam ⑧Vegetable salad*D	Black rice ①Radish soup ②Ham scrambled eggs ③④Grilled spam*Ketchup ⑤Stir-fried noodles with soy sauce ⑥Bean in soy sauce cabbage kimchl ⑦⑧Cereal*Milk ⑨⑩Toast*Jam ⑪Vegetable salad*D	Black rice ①Sujebi soup ②Fried eggs ③④Pepper japchae ⑤Mini steamed buns ⑥Bean sprouts cabbage kimchl ⑦⑧Cereal*Milk ⑨⑩Toast*Jam ⑪Vegetable salad*D	Black rice ①Bean sprout soup ②Chives scrambled egg ③④⑤Chicken nuggets*Mustard ⑥⑦⑧Braised meatballs, deerry sauce Seasoned cucumbers cabbage kimchl ⑨⑩Cereal*Milk ⑪⑫Toast*Jam ⑬Vegetable salad*D		
중식	Black rice Udon Jangguk ①Mapa Tofu ②③Chicken cutlet Yuringi Seasoned Myeongyeopchae Seasoned dried radish cabbage kimchl	Black rice ①②③Cream soup*Croissant ④⑤⑥Meatball tomato spaghetti ⑦Spicy tteokbokki ⑧Seasoned bean sprouts Seasoned dried radish cabbage kimchl	Black rice ①Radish soup ②③Stir-fried sweet pumpkin chicken Glazed sweet potato Seaweed salad Seasoned chill pepper cabbage kimchl	Black rice ①Kimchi perilla seed sujebi ②③④Pork quail egg mayo jangjorim ⑤Stir-fried Green Bean Fish Cake konjac,cbbage and mustard salad Broccoli*Korean sauce. cabbage kimchl	Black rice ①Bean sprout soup ②Steamed pork backbone ③Mulparaee, Corn pancake. ④Braised potatoes with konjac young radish and soybean paste cabbage kimchl		
일품	①②③Cheese ,Ham,Pork,Kimchi (Spicy Sausage Stew) ④Ramen noodles ,Yogurt	①Pork Jjageuli ②Sandwich	①Boiled pork,bossam*Cabbage wraps ②Spicy buckwheat noodles	①②Black-bean-sauce noodles ③Sweet and sour pork.	①②③④Pork cutlet*Cream soup ⑤⑥Fried king shrimp	♥	♥
석식	Black rice ①Bean sprout soup ②Stir-fried pork and kimchi ③④⑤Mini pork cutlet*Chili sauce ⑥Seasoned crown daisy tofu seasoned laver cabbage kimchl	Black rice ①Kimchi fish cake soup ②③④Steamed chicken with soy sauce ⑤⑥⑦Sausage pancake Stir-fried seaweed stem Fresh kimchl with young radish cubed radish kimchl	Black rice ①Shrimp seaweed soup ②curry and rice ③④⑤Chicken nugget gangjeong ⑥Seasoned cabbage greens Seasoned dried radish cabbage kimchl	Black rice ①Pumpkin soybean paste soup ②③Stir-fried pork and sausage ④Fried vegetables Mushroom pumpkln sprouts Seasoned garlic Jjonggi cabbage kimchl	Black rice Udon Jangguk ①Kimchi tuna fried rice*Seaweed flake ②Spicy jjolmyeon Stir-fried anchovies Seasoned dried radish cabbage kimchl		

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺀(수입산)삼겹살(독일산),고등어(국내산),김치(배추,고춧가루:중국산)닭(국내산)쌀(국내산)

★ 알레르기 유발식품 (Allergy-induced food labelling guedance) ★

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(sulgite)