



GIST 1cageteria weekly meal plan



salad bar is always open

★	02월 14일 (월)	2022-02-15정월대보름	02월 16일 (수)	02월 17일 (목)	02월 18일 (금)
lunch	black rice	kidney bean sticky rice*white rice	black rice	black rice	black rice
	pork belly&sausage grill	beef stone pot hotpot	vongole pasta	chicken mayo bowl	cheese flying fish roe bibimbap
	bibim noodles	sweet potato fries	egg roll okonomi	round nanjawans	pork and sweet potatoes
	bean sprouts	stewed shrimp	mugwort sprouts	pumpkin sprouts	host greens
	shiraegi miso soup	stir-fried seaweed stem	udon soup	bean sprout soup	shimp seaweed soup
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
salad bar	lettuce*mugwort	peanut	green salad	chicory sauce	green salad
dinner	black rice	black rice	black rice	black rice	black rice
	beef bone sundae soup	chicken yukgaejag soup	shiraegi miso soup	kimchi tofu soup	udon soup
	sweet and sour pork	fish cutlet	stir-fried pork	curry rice	pork cutlet
	tofu with tofu	squid potato stew	grilled tofu	stir-fried noodles	bacon potato stew
	seaweed lemon soup	lunch box laver	stingray	soybean stew	myungyeop chaebeon
	pickled vegetables	pickled radish	wrapped vegetables	dried radish radish	pickled vegetables
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi

★ country of origin ★

beef(australia)pork(korea)money backbone(korea)pork belly(denmark),mackerel(korea),kimchi(cabbage,chilli powder:china)chicken(korea)rice(korea)

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

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(sulphite)