



GIST 제1학생식당 주간식단표



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

2022년 에이치비푸드

| ★ | 03월 28일(월) | 03월 29일(화) | 03월 30일(수) | 03월 31일(목) | 04월 01일(금) |
|------|---|--|--|---|---|
| 조식 | black rice*nurungji udon soup fried egg pork kimchi stir-fry grilled tofy lunch box laver cabbage kimchi serial*milk toast*jam vegetable salad*D | black rice*nurungji shiraegi miso soup scrambled eggs fish citlet*tar sauce pan-fried dumplings lettuce cutlet cabbage kimchi serial*milk toast*jam vegetable salad*D | black rice*nurungji shrimp seaweed soup fried egg vienna sausage braised quail eggs cheese potatoes stir-fried fish cake cabbage kimchi serial*milk toast*jam vegetable salad*D | black rice*nurungji bean sprout soup egg custard stir-fried pork spinach greens garlic stew cabbage kimchi serial*milk toast*jam vegetable salad*D | black rice*nurungji 김치두부국 계란후라이 1 소고기당면볶음 10 야채로케*케찹 상추겉절이 배추김치 시리얼*우유 1 토스트*잼 야채샐러드*D |
| | black rice | black rice | black rice | black rice | 흑미밥 |
| 중식 | spaghetti | pork soup | marbled noodles | kimchi fried rice *fried chicken | 짜글이우동국수 *켄리포니아를 |
| | soy sauce steamed chicken soybean stew udon soup cabbage kimchi green salad*D | matching sweet and sour pork bead rice cake stir-fry stir-fried seaweed stem cabbage kimchi chicory apple salad | hamburger chop steaks stir-fried ham green beans shrimp seaweed soup cabbage kimchi green salad*D | stir-fried tofu vermicelli five welfare acupuncture bean sprout soup cabbage kimchi chicory yuzu pickle | 돈육김치찜 8 세송이브로콜리볶음 양념고추지 배추김치 그린샐러드*D |
| 선택드바 | black rice beef seaweed soup chicken cutlet sausage rolls jeooy bean paste chilli pickle cabbage kimchi | black rice chicken rice cake soup rib sauce bone stew fried spring rolls spinach greens five welfare acupuncture cabbage kimchi | black rice shrimp seaweed soup stir-fried pork sweet potato soup mushroom zucchini lettuce*miso cabbage kimchi | black rice udon soup mapo tofy chicken nuggets*mustard soybean stew lemon wakame seasoning cabbage kimchi | 흑미밥 수제비미역국 떡갈비파스타 잡채어묵볶음 멸치볶음 도시락김 배추김치 |

★ 원산지표시 ★

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

★ 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)

