



GIST 1 student cafeteria weekly meal plan



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

2022년

에이치비푸드시스템

★	05월 09일(월)	05월 10일(화)	05월 11일(수)	05월 12일(목)	05월 13일(금)
breakfast	black rice udon soup fried egg1 curry rice8 grilled tofu4 with lettuce cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shrimp seaweed soup7 fried egg1 stir-fried pork8 stir-fried fish cake pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice pumpkin miso soup fried egg1 pork and quail eggs1.8 shrimp tempura7 spinach greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 squid potato stew pork sweet and sour8 pumpkin sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 sauteed vienna sausage8.9 steamed dumpling8 bean sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	lunch	lunch	lunch	lunch
	black rice laver rice* roast pork8 bean sprouts soybean stew4 udon soup cabbage kimchi lettuce*mugwort*miso	black rice marbled spaghetti 10 chicken popcorn9 pumpkin sprouts shrimp seaweed soup7 cabbage kimchi green salad	black rice flying fish roe rice *pork tortilla8 sausage rolls8.9 pickled cucumber pumpkin miso soup cabbage kimchi yogurt	black rice radish noodles *fried chicken9 stir-fried frank fish cake spinach greens pickled radish cabbage kimchi green salad	black rice pork stew8 hamburger chop steak8.9.10 bread churros host greens cabbage kimchi chicory yuzu pickle
single menu	homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)
dinner	black rice nagasaki champon8.11 stir-fried sundae chicken9.8 squid hot bar11 pickled vegetables kelp*red pepper paste cabbage kimchi	black rice backbone soup8 meaty roast8 cheese potatoes stir-fried seaweed stem dried radish radish cabbage kimchi	black rice udon soup stir-fried pork8 fried dumplings4.8 married couple second hand lettuce*miso cabbage kimchi	black rice shiraegi miso soup pork belly kimchi steamed8 roasted round tang8.9 lunch box laver yogurt radish kimchi	black rice bean sprout soup mapo tofu4.8 chicken cutlet yurin9 stir-fried fish cake five welfare seasoning cabbage kimchi

★ 원산지표시 ★

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★ 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(sulfite)