



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	05월 16일(월)	05월 17일(화)	05월 18일(수)	05월 19일(목)	05월 20일(금)
breakfast	black rice shiraegi miso soup fried egg1 hamburg steak pumpkin sprouts five welfare acupuncture cabbage kimchi serial*milk2 toast*jam	black rice bean sprout soup fried egg1 curry rice sausage rolls pickled cucumber cabbage kimchi serial*milk1 toast*jam	black rice udon soup fried egg1 stir-fried pork kimchi mini pork cutlet hot tofu cabbage kimchi serial*milk1 toast*jam	black rice shrimp seaweed soup fried egg1 grilled tteokgalbi stewed potatoes stir-fried fish cake cabbage kimchi serial*milk1 toast*jam	black rice shiraegi miso soup fried egg1 meaty roast stir-fried vermicelli stir-fried seaweed stem cabbage kimchi serial*milk1 toast*jam
	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	pork belly fried rice	barley bibimpap *pork stew	bag srir-fry*ramen	dry wheat*cold sauce	pork soup
	tomato meatballs	stir-fried fish cake	dumpling sweet water	pork and quail eggs	grilled tteokgalbi
	cucumber stick	dried radish radish	stir-fried vermicelli	soybean stew	stir-fried rice cakes
	bean sprout soup cabbage kimchi	shiraegi miso soup cabbage kimchi	udon soup cabbage kimchi	shrimp seaweed soup cabbage kimchi	pickled lettuce cabbage kimchi
cherry cock	lettuce*miso	green salad	sandwich	lemon tea	
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 chicken stew chicken cutlet stir-fried rice cakes pumpkin sprouts pickled pepper cabbage kimchi	black rice beef soup chilli meatballs bibim ramem soybean stew five welfare acupuncture cabbage kimchi	black rice sujebi dumpling soup fried chicken squid hot bar bean sprouts acorn porridge cabbage kimchi	black rice pumpkin miso soup stir-fried pork sausage rolls spinach greens lettuce*miso radish kimchi	black rice udon soup jjajang sauce pork sweet and sour hot greens pickled vegetables 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)⑮야황산염(sulgate)