



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	06월 06일(월)	06월 07일(화)	06월 08일(수)	06월 09일(목)	06월 10일(금)
breakfast	closed	black rice udon soup fried egg1 hamburg steak stir-fried quail egg fish cake pumpkin sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 curry rice mini pork cutlet pickled cucumber cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shiraegi miso soup fried egg1 roasted meat stir-fried anchovy broccoli cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 fried chicken croquettes stewed tofu cabbage kimchi serial*milk1 toast*jam vegetable salad*D
		black rice	black rice	black rice	black rice
lunch	closed	pork stew	cold wheat noodles*potatoes	roast pork	pork beoy fried rice
		fish cutlet*tar sauce	bone stew	stir-fried bean vermicelli	dumpling sweet water
		host greens pickled lettuce cabbage kimchi cherry cock	broccoli tofu five welfare acupuncture cabbage kimchi green salad	pumpkin sprouts shiraegi miso soup cabbage kimchi lettuce*miso	stir-fried fish cake shrimp seaweed soup cabbage kimchi jelly po
single menu		homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet9 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)	homemade pork cutlet8 (soup*bread*fruit*salad)
dinner	closed	black rice chicken soup sweet and sour pork steamed sundae stir-fried fish cake pickled radish cabbage kimchi	black rice beef seaweed soup grilled tteokgalbi bibim ramen soybean stew pickled cucumber cabbage kimchi	black rice pumpkin tofu miso soup fried chicken sweet potato spinach greens konjac dressing cabbage kimchi	black rice bean sprout soup mapo tofu chicken cutlet five welfare acupuncture seaweed salad cabbage kimchi

★ 원산지 표시 ★

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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(sulphite)