



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	06월 13일(월)	06월 07일(화)	06월 08일(수)	06월 09일(목)	06월 10일(금)
breakfast	black rice shriegi miso soup fried egg1 stir-fried pork kimchi grilled tofu spinach greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 vienna quail eggs sausage rolls tomato cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 chicken cutlet stir-fried fish cake with lettuce cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 meatball stew pickled squid stir-fried potatoes cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried pork stir-fried seaweed stem broccoli cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	flying fish roe rice	sunde pork soup *fried chicken skin	stir-fried pork *bibim noodle	fried boneless chicken	bag stew*ramen
	pork and sweet water	stir-fried rice cakes	cheese potatoes	stewed pork tofu	stewed tteokgalbi
	stir-fried ham greenbeans	stewed potatoes	host greens	stir-fried broccoli mushroom	married couple meat
	shriegi miso soup cabbage kimchi	five welfare acupuncture cabbage kimchi	udon soup cabbage kimchi	shrimp seaweed soup cabbage kimchi	pickled vegetables cabbage kimchi
	acorn porridge	yogurt	mixed grain powder	lettuce*miso	lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice backbone soup pork and quail eggs fried sausage rice cake stir-fried seaweed stem pickled cucumber cabbage kimchi	black rice bean sprout soup curry rice pork cutlet salad pumpkin sprouts stir-fried spinach noodle cabbage kimchi	black rice fish cake soup pork sausage pork chop egg custard stir-fried eggplant fresh seaweed*pasture cabbage kimchi	black rice kimchi tofu soup garlic mayo meatballs stir-fried fish cake soybean stew pickled vegetables cabbage kimchi	black rice homemade secret soup stir-fried pork kimchi croquette bean sprouts lunch box laver cabbage kimchi

★ 원산지 표시 ★

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)⑮야황산염(sulphite)