



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	08월 01일(월)	08월 02일(화)	08월 03일(수)	08월 04일(목)	08월 05일(금)
breakfast	black rice udon soup fried egg1 fish cutlet stewed pumpkin pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried pork grilled tofu pickled lettuce cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 grilled vienna sausage stir-fried vermicelli pickled pepper cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice udon soup fried egg1 fried chicken croquettes pumpkin sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice miso soup fried egg1 hamburger steak sausage stew stewed potatoes cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	omurice*fried chicken	pork belly sprout rice mixed	roast pork *salad kimbap	hamburger*cold noodle	kimchi backbone soup
	stir-fried fish cake	sundae rice cake	stewed shrimp radish	seasoned chicken popcorn	fish cutlet
	celery pickled radish udon soup cabbage kimchi cold wheat flour	stewed potatoes shrimp seaweed soup cabbage kimchi watermelon punch	dried radish shireagi miso soup cabbage kimchi lettuce*miso	pumpkin sprouts five welfare acupuncture cabbage kimchi pickled vegetables	bean sprouts acorn porridge cabbage kimchi green salad
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice bag stew garlic mayo tteokgalbi pork tofu stew lemon seaweed pickle leaf paper cabbage kimchi	black rice bean sprouts cold soup fried chicken bibim noodles stir-fried seaweed stem five welfare acupuncture radish kimchi	black rice pork backbone kimchi sew meat spaghetti round dumplings pickled leek remonade cabbage kimchi	black rice udon soup pork belly with kimchi broccoli tofu stir-fried anchovy lunch box laver cabbage kimchi	black rice shireagi miso soup curry rice pork sweet and sour stir-fried fish cake dried radish 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)⑮아황산염(sulfite)