



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	08월 15일(월)	08월 16일(화)	08월 17일(수)	08월 18일(목)	08월 19일(금)
breakfast	closed	black rice udon soup fried egg1 grilled tteokgalbi stir-fried anchovy pickled sesame leaves cabbage kimchi serial*milk1 toast*jam	black rice bean sprout soup fried egg1 fried chicken sausage stew garlic pickled pickles cabbage kimchi serial*milk2 toast*jam	black rice kimchi tofu soup fried egg1 pork and quail eggs meatball stew host greens cabbage kimchi serial*milk1 toast*jam	black rice shireagi miso soup fried egg1 hamburg steak stir-fried vermicelli pickled cucumber cabbage kimchi serial*milk1 toast*jam
		vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D
lunch		black rice	black rice	black rice	black rice
		jajan noodle*fried egg*cheese	pork belly mayo rice	bag stew*ramen	kimchi fried rice *fried chicken
	closed	chicken cutlet	croquettes	sweet and sour pork	pork tofu stew
		spicy pickle udon soup cabbage kimchi green salad	stewed potatoes bean sprout soup cabbage kimchi pickled vegetables	stir-fried fish cake pickled vegetables cabbage kimchi fresh kelp	pumpkin sprouts shireagi miso soup cabbage kimchi green salad
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	closed	black rice backbone soup chilli peeler stir-fried fish cake myungyeopchaee five welfare acupuncture radish kimchi	black rice pork kimchi stew chicken cutlet bibim noodles stir-fried seaweed stem pickled leek cabbage kimchi	black rice sujebi dumpling soup grilled tteokgalbi stir-fried ham soybean stew dried radish cabbage kimchi	black rice bean sprout soup fried chicken fried dumplings konjac acupuncture pickled pepper 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)