



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

| ★ | 08월 22일(월) | 08월 23일(화) | 08월 24일(수) | 08월 25일(목) | 08월 26일(금) |
|-------------|--|---|--|---|---|
| breakfast | black rice bean sprout soup fried egg1 stir-fried pork kimchi8 stewed pumpkin lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D | black rice udon soup fried egg1 fried chicken9 croquettes stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D | black rice shireagi miso soup fried egg1 pork cutlet stew 8 potato stir-fry pickled vegetable cabbage kimchi serial*milk2 toast*jam vegetable salad*D | black rice shireagi miso soup fried egg1 stir-fried pork 8 broccoli mushrooms stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D | black rice shrimp seaweed soup fried egg1 vienna quail eggs 8,1,9 grilled tofu 4 pickled vegetable cabbage kimchi serial*milk1 toast*jam vegetable salad*D |
| | black rice | black rice | black rice | black rice | black rice |
| lunch | pork stew 8 | curry omurice 8,9 | garlic pork sausage grill 8 | marbled spaghetti10 | cheese roe rice mixed |
| | ham scrambled eggs 1,8,9 | fish cutlet | fried sweet pumpkin eggplant | sausage stew 1,8,9 | dumpling sweet and sour 8 |
| | married couple chilli seasoning cabbage kimchi | chicory yuzu pickle udon soup cabbage kimchi | bean sprouts shireagi miso soup cabbage kimchi | stewed shrimp radish 7 kimchi tofu soup 4 cabbage kimchi | pickled leek shrimp seaweed soup 7 cabbage kimchi |
| | green salad | cold mixed grain powder | lettuce*miso | green salad | lemonade |
| single menu | homemade pork cutlet8(soup*bread*juice*salad) | | | | |
| dinner | black rice beef bone soup 10 pork and sweet water 8 bean sprout vermicelli fresh kelp dried radish cabbage kimchi | black rice bag stew*ramen8 garlic mayo tteokgalbi8,9 stir-fried fish cake pickled vegetable five welfare acupuncture cabbage kimchi | black rice shrimp seaweed soup 7 stir-fried pork belly kimchi8 grilled tofu 4 pumpkin sprouts lunch box laver radish kimchi | black rice bean sprout soup fried chicken 9 croquettes acorn jelly chicory yuzu pickle cabbage kimchi | black rice shireagi miso soup chicken cutlet 9 stewed tofu8,4 vegetable salad*D pickled pepper 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)