



# GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	09월 05일(월)	09월 06일(화)	09월 07일(수)	09월 08일(목)	09월 09일(금)
breakfast	black rice udon soup fried egg1 chicken cutlet eggplant soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried pork grilled tofu stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 curry rice roast meat dried radish cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice fried egg1 sauteed vienna sausage soybean stew broccoli*pasture cabbage kimchi serial*milk1 toast*jam vegetable salad*D	closed
lunch	black rice jajang noodle *egg fried*cheese	black rice pork belly mayo rice	black rice chicken noodles	black rice ramen fried rice	closed
	stewed pumpkin tofu fried dumplings udon soup cabbage kimchi green salad	sweet potato fries stir-fried broccoli mushrooms shireagi miso soup cabbage kimchi lemonade	chicken noodle seasoning sausage rice cake stewed potatoes cabbage kimchi yogurt	bone kimchi steamed lunch box laver bean sprout soup cabbage kimchi green salad	
	single menu homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice sujevi dumpling soup pork and quail eggs croquettes bean sprouts five welfare acupuncture cabbage kimchi	black rice bean sprouts jjamppong soup stir-fried vermicelli eggplant sweet and sour soybean stew fresh kelp radish kimchi	black rice shireagi miso soup stir-fried pork sausage stew pickled leek cabbage steamed*miso cabbage kimchi	black rice udon soup grilled tteokgalbi stewed shrimp radish stir-fried anchovy garlic pickled pickles cabbage kimchi	closed

★ 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(sulfite)