



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	09월 26일(월)	09월 27일(화)	09월 28일(수)	09월 29일(목)	09월 30일(금)
breakfast	black rice udon soup fried egg1 roast meat stir-fried vermicelli lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 hamburg steak stewed radish steamed dumpling cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried pork round and round pickled lettuce cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 pork cutlet stew potato stir-fry dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 fried chicken stir-fried fish cake pickled pepper cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	pork soup *noodle	roast pork*kimbap	chicken noodle	cheese flying fish egg rice	beef bone rice dumpling soup
	chicken cutlet	bean sprouts	garlic mayo meatballs	hamburg steak	sundae tofu gangjeong
	pumpkin sprouts	seaweed stem fish cake	soybean stew	tteokbokki	pumpkin sprouts
	five welfare acupuncture cabbage kimchi	shireagi miso soup cabbage kimchi	pickled vegetable cabbage kimchi	bean sprout soup cabbage kimchi	dried radish cabbage kimchi
	yogurt	lettuce*miso	potato stew	green salad	lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	cabbage kimchi chicken yulgaejang meatball tofu gangjeong stir-fried ham green beans fish kelp lemonade cabbage kimchi	cabbage kimchi homemade beef dumpling soup pork bone kimchi stew mini pork cutlet stir-fried anchovy lunch box laver cabbage kimchi	black rice bag stew * ramen roast meat croquettes konjac cabbage mustard pickled sesame leaves cabbage kimchi	black rice shireagi miso soup stir-fried pork sausage stew lettuce*miso yogurt cabbage kimchi	black rice udon soup jjajang sauce pork sweet and sour dried radish 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)⑮아황산염(sulphite)