



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	10월 03일(월)	10월 04일(화)	10월 05일(수)	10월 06일(목)	10월 07일(금)
breakfast	closed	black rice bean sprout soup fried egg1 curry rice meatball stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 fried chicken pork sweet and sour potato leaf stew cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork cheese potato sausage stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 grilled tteokgabi stir-fried fish cake pickled sesame cabbage kimchi serial*milk2 toast*jam vegetable salad*D
		black rice	black rice	black rice	black rice
lunch	closed	marbled jjambong*ramen	stramed pork belly kimchi	blue crab fish cake soup *fried squid*lettuce	chicken soup*noodle
		eggplant sugar	grilled tofu	bone kimchi stew	pork sweet and sour
		vienna fusilli pasta	stewed pumpkin	host greens	married couple meat pickle
		bean sprout soup cabbage kimchi chicory yuzu pickle	shrimp seaweed soup radish kimchi lunch box laver	yogurt cabbage kimchi lettuce*miso	soybean stew cabbage kimchi lemonade
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	closed	black rice pork kimchi stew chicken cutlet tteokbokki soybean stew acorn porridge radish kimchi	black rice beef soup cream mayo meatballs bibim noodle stir-fried sausage fish cake pickled radish cabbage kimchi	black rice udon soup fried chicken mini pork cutlet stir-fried eggplant dried radish cabbage kimchi	black rice bean sprout soup hamburger chop steak stewed pumpkin pickled pepper vegetable salad*D cabbage kimchi

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺨(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(sulgate)