



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	10월 10일(월)	10월 11일(화)	10월 12일(수)	10월 13일(목)	10월 14일(금)
breakfast	closed	black rice udon soup fried egg1 meatball stew 8,9,10 stir-fried vermicelli water dumplings 8 cabbage kimchi serial*milk1 toast*jam	black rice shireagi miso soup fried egg1 pork and quail eggs 1,8 stir-fried fish cakes broccoli*pasture cabbage kimchi serial*milk2 toast*jam	black rice bean sprout soup fried egg1 fish cutlet fried round and round 8,9 pickled pepper cabbage kimchi serial*milk1 toast*jam	black rice kimchi tofu soup fried egg1 roasted chicken9 grilled tofu4 lunch box laver cabbage kimchi serial*milk2 toast*jam
		vegetable salad*D	vegetable salad*D	vegetable salad*D	vegetable salad*D
lunch		black rice bag stew*ramen 8	black rice garlic pork roast*green onion 8	black rice jjajang fried rice *fried chicken 8,1,9	black rice pork soup*noodle 8
	closed	chicken cutlet9 stir-fried anchovy pickled radish cabbage kimchi green salad	stir-fried vienna sausage rice cakes eggplant bean sprouts shireagi miso soup cabbage kimchi lettuce*chicory*miso	stewed tofu 4 spicy pickle bean sprout soup cabbage kimchi pickled vegetable	sausage rolls 8,9 stewed pumpkin pickled vegetable cabbage kimchi lemonade
		single menu homemade pork cutlet8(soup*bread*juice*salad)			
dinner	closed	black rice backbone soup8 chilli scallop8,9 sausage fish cake stir-fry bean sprouts dried radish cabbage kimchi	black rice champon dumpling soup 8 pork japchae 8 ham scrambled eggs8,9 1 soybean stew pickled radish cabbage kimchi	black rice shrimp seaweed soup7 steamed pork belly kimchi8 hot tofu4 stir-fried green bean ham8,9 lunch box laver cabbage kimchi	black rice udon soup curry rice mini pork cutlet 8 stir-fried anchovy pickled vegetable 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)