



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	10월 17일(월)	10월 18일(화)	10월 19일(수)	10월 20일(목)	10월 21일(금)
breakfast	black rice tofu kimchi soup fried egg1 curry rice roast meat lunch box laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried sundae chicken meat dumplings dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprout soup fried egg1 vienna quail eggs chicken nuggets grilled tofu cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 stir-fried pork sausage stew host greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 hamburg steak stewed radish stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	pork stew	pork belly mayo bowl rice	stir-fried chicken	pork kimchi tofu sush *noodle	curry omurice
	hamburg steak	pumpkin pancakes	skewered fish cake	tteokbokki	bone stew
	host greens	stir-fried anchovy	dumpling sweet water	pumpkin sprouts	stir-fried seaweed stem
	soybean stew cabbage kimchi	shireagi miso soup cabbage kimchi	bean sprout soup cabbage kimchi	pickled radish cabbage kimchi	udon soup cabbage kimchi
	green salad	lemonade	lettuce*miso	yogurt	green salad
single menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice chicken soup pork and quail eggs sweet potato soup pumpkin sprouts pickled radish cabbage kimchi	black rice homemade secret soup stir-fried pork croquettes potato stir-fry lettuce*miso cabbage kimchi	black rice beef bone dumpling soup bone kimchi stew cheese potato lunch box laver lemonade cabbage kimchi	black rice udon soup mapo tofu chicken cutlet stir-fried broccoli mushrooms green salad cabbage kimchi	black rice pork kimchi stew pork and sweet water stir-fried ham vegetables spinach greens yogurt 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)