



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	12월 19일(월)	12월 20일(화)	12월 21일(수)	12월 22일(목)	12월 23일(금)
breakfast	black rice udon soup fried egg1 stir-fried chicken soybean stew seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice fish cake soup fried egg1 braised pork and quail eggs seasoned with host acorn jelly seasoned cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 chicken cutlet braised tofu spinach greens cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stir-fried pork fried sausage pickled vegetable cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 grilled tteokgalbi stir-fried vermicelli pickled pepper cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	grilled pork *noodle	pork belly chashu rice bowl	pork tofu stew	jajangmyeon*fried egg *cheese	back bone soup
	croquettes	jjolmyeon seasoned with vegetable	fish cutlet *tartar sauce	chicken cutlet yuringi	sweet and sour dumplings
	shrimp and radish stew five radish pickled cabbage kimchi green salad	stir-fried broccoli mushrooms fish cake soup cabbage kimchi lemonade	stir-fried anchovy seasoned wet seaweed radish cabbage kimchi vegetable side dish	chinese cabbage kimchi bean sprouts soup cabbage kimchi sikhye	stir-fried anchovy dried radish cabbage kimchi yogurt
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice pork sundae bean sprouts soup hamburg chop steak egg custard pickled pepper orangeade cabbage kimchi	black rice shireagi miso soup stir-fried pork kimchi fried sausage seasoned with crown daisy tofu wrapped kelp cabbage kimchi	black rice chicken rice cake soup pork japchae fried dumplings seasoned seaweed mayo dried radish cabbage kimchi	black rice shrimp seaweed soup stir-fried chicken stir-fried fish cake soybean stew broccoli*red pepper paste cabbage kimchi	black rice udon soup curry rice grilled meat lunch box laver pickled radish 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(sulfite)