



GIST 1 student cafeteria weekly meal plan



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

2022년 에이치비푸드시스템

★	12월 26일(월)	12월 27일(화)	12월 28일(수)	12월 29일(목)	12월 30일(금)
breakfast	black rice miso soup fried egg1 pork cutlet stir-fried fish cake stir-fried seaweed stem cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi bean sprouts soup fried egg1 menchi cutlet stir-fried potato zucchini cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork fried sausage dried radish cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 hamburg steak meat dumplings pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried quail eggs seasoned broccoli lunch box laver cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	marbled miso stew	curry omurice	fish cake soup*fried chicken	flying fish roe bibimbap	oxtail soup
	stir-fried sundae	sausage penne pasta	egg custard	pork tteokbokki	sweet and sour pork
	kimchi pancake	stir-fried seaweed	seaweed tofu seasoned	stir-fried anchovy	stir-fried fish cake
	roasted seaweed cabbage kimchi	kimchi bean sprouts soup cabbage kimchi	pickled radish cabbage kimchi	shireagi miso soup cabbage kimchi	soybean stew cabbage kimchi
	orangeade	greensalad	yogurt	vegetable side dishes	wrapped kelp
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice pork tofu stew stir-fried sausage quail eggs mini steamed buns stir-fried anchovy pickled pepper cabbage kimchi	black rice shireagi miso soup kimchi steamed pork belly grilled tofu fried potato lunch box laver cabbage kimchi	black rice back bone soup fish cutlet bibim noodle soybean stew dried radish cabbage kimchi	black rice seaweed soup stir-fried chicken shrimp and radish stew broccoli*red pepper paste lemonade cabbage kimchi	black rice sujebi soup chicken cutlet stir-fried ham green bean vegetable side dishes 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(sulphite)