



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	01월 02일(월)	01월 03일(화)	01월 04일(수)	01월 05일(목)	01월 06일(금)
breakfast	black rice udon soup fried egg1 grilled sausage braised tofu stir-fried king mushroom cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi bean sprouts soup fried egg1 stir-fried chicken stir-fried potato dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 braised pork and quail eggs round and round stir-fried anchovy cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stir-fried pork kimchi mini pork cutlet grilled seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 bulk stewed meat stir-fried fish cake seasoned with leek cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	beef rice cake soup	cheese bag stew*ramen	stir-fried pork	pork belly and mayo rice bowl	fish cake noodles *chicken tofu sushi
	stir-fried pork kimchi	braised tteokgalbi	bibim jjolmyeon dumplings	sweet pumpkin fries	meatball tofu gangjeong
	leek japchae stir-fried anchovy cabbage kimchi citrus tea	water green pancake bean sprouts seasoned cabbage kimchi green salad	stir-fried fish cake shireagi miso soup cabbage kimchi wrapping cabbage	seasoned squid bean sprouts soup cabbage kimchi lemonade	spinach greens pickled radish cabbage kimchi green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice kimchi bean sprouts soup steamed backbone curry rice fried spring rolls dried radish cabbage kimchi	black rice beef seaweed soup spaghetti chicken popcorn host herbs pickled radish cabbage kimchi	black rice fish cake sujebi soup chicken cutlet tteokbokki seaweed seasoning green salad cabbage kimchi	black rice pork soft tofu stew hamburg chop steak water dumplings zucchini vegetable side dish cabbage kimchi	black rice shireagi miso soup stir-fried pork croquettes soy bean stew wrapping cabbage 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)