



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	01월 16일(월)	01월 17일(화)	01월 18일(수)	01월 19일(목)	01월 20일(금)
breakfast	black rice kimchi tofu soup fried egg1 hamburg chop steak water dumplings stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice tofu miso soup fried egg1 stir-fried chicken croquette stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork bean sprouts seasoned stir-fried seaweed stem cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 vienns quail eggs sweet and sour pork soybean stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 braised pork cutlet grilled tofu seasoned with seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	pork tofu stew	marbled soybean paste stew	pork belly chashu rice bowl	stir-fried pork	back bone soup
	chicken cutlet	steamed backbone	sausage fusilli pasta	egg custard	popcorn chicken
	bibim noodle	fried dumplings	host herbs	stir-fried tofu seasoned	stir-fried frank fish cake
	pickled radish	bean sprouts seasoned	udon soup	dried radish	vegetable side dish
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
	green salad	lemonade	green salad	tangerine tea	green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice shireagi miso soup stir-fried pork kimchi pancake seasoned with water orangeade radish kimchi	black rice bag stew*ramen garlic mayo meatballs tteokbokki soybean stew pickled radish cabbage kimchi	black rice seaweed soup stir-fried pork kimchi mini pork cutlet spinach greens lunch box laver cabbage kimchi	black rice bean sprouts soup grilled meat pork japchae dried radish green salad cabbage kimchi	black rice bean sprouts soup curry rice chicken cutlet stir-fried seaweed stem pickled radish cabbage kimchi

★ 원산지표시 ★

쇠고기(호주산)돈육(국내산)돈뼈(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)