



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	01월 30일(월)	01월 31일(화)	02월 01일(수)	02월 02일(목)	02월 03일(금)
breakfast	black rice kimchi tofu soup fried egg1 stir-fried chicken bean sprouts seasoned stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried pork fried sausage pickled pepper cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 veienna stir-fry meat dumpling grilled tofu cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 braised pork and quail eggs broccoli croquettes cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 grilled meat shrimp and radish stew roasted seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D
lunch	black rice	black rice	black rice	black rice	black rice
	clam soft tofu stew	pork soup*noodle	cheese flying fish roe rice	bag stew*ramen	beef kimchi fried rice
	popcorn chicken	sweet and sour dumplings	pork ham chop steak	mayo tuna rice burger	boneless chicken fried
	pork japchae leudishutce side cabbage kimchi takoyaki	bean sprouts seasoned raw radish cabbage kimchi sandwich	soybean stew seaweed soup cabbage kimchi citrus tea	stir-fried tofu stir-fried broccoli mushrooms cabbage kimchi orangeade	stir-fried seaweed fish cake udon soup cabbage kimchi green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice chicken soup braised pork and quail eggs sweet potato fries stir-fried anchovy pickled radish cabbage kimchi	black rice beef radish soup hamburg chop steak tteokbokki stir-fried seaweed stem seasoned acorn jelly cabbage kimchi	black rice kimchi bean sprouts soup soy sauce chicken bibim noodle chiness cabbage roasted seaweed cabbage kimchi	black rice fish cake soup egg custard sweet and sour pork soybean stew vegetable side dishes cabbage kimchi	black rice shireagi miso soup stir-fried pork fried sausage raw radish shrimp chips 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 guedance) ★

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)