



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	02월 20일(월)	02월 21일(화)	02월 22일(수)	02월 23일(목)	02월 24일(금)
breakfast	black rice bean sprouts soup fried egg1 grilled tteokgalbi meat dumplings roasted laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried chicken host herbs dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 braised pork and quail eggs stir-fried fish cake broccoli cabbage kimchi serial*milk2 toast*jam vegetable salad*D	black rice seaweed soup fried egg1 hamburger chop steak stir-fried vermicelli pickled cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice sujebi soup fried egg1 stir-fried bean meat fried round tteak pickled pepper cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	lunch	lunch	lunch	lunch	lunch
	black rice	black rice	black rice	black rice	black rice
	bag stew*ramen	clam soft tofu stew	kalguksu*pork steamed	beef bulgogi	flying fish roe stone pot rice
	fish cutlet	garlic mayo meatballs	bean sprouts seasoned	chilli chopsticks	chicken cutlet
	water dumplings	host herbs	pickled radish seasoning	stir-fried anchovy	chinese cabbage
	pickled cucumber	seasoned with seaweed	dried radish	vegetable side dishes	sujebi soup
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
	green salad	steamed cabbage	wrapped vegetables	yogurt	green salad
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice beef rice cake soup sweet and sour pork fried sausage soybean stew broccoli*wrapped kelp cabbage kimchi	black rice shrimp seaweed soup pork belly and kimchi stew egg custard seasoned seaweed mayo roasted laver cabbage kimchi	black rice bean sprouts champon soup steamed backbone sweet and sour fish cake raw radish greensalad cabbage kimchi	black rice kimchi fish cake soup stir-fried chicken fried spring rolls stir-fried seaweed stem dried radish cabbage kimchi	black rice shireagi miso soup stir-fried pork stir-fried fish cake wrapped vegetables lemonade 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)⑮야황산염(sulphite)