



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비푸드시스템

★	03월 06일(월)	03월 07일(화)	03월 08일(수)	03월 09일(목)	03월 10일(금)
breakfast	black rice udon soup fried egg1 siri-fried pork soybean stew chinese cabbage cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shireagi miso soup fried egg1 stir-fried chicken stir-fried anchovy cucumber dressing cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 hamburg chop steak braised tofu seasoned dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 vienna quail eggs stir-fried fish cake roasted seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice sujebi soup fried egg1 grilled meat stir-fried ham green beans vegetable side dish cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	black rice	black rice	black rice	black rice	black rice
lunch	cheese bag stew	aglio olio pasta *stir-fried pork	stir-fried chicken ribs	jjajang egg fried rice	okonomi on the chicken cutlet*rice balls
	chicken popcorn	host herbs	bibim noodles	pork ham chop steak	shrimp and radish stew
	bean sprouts seasoned	cucumber dressing	stir-fried fish cake	stir-fried seaweed stem	soybean stew
	cherry coke	shireagi miso soup	bean sprouts soup	chicken seaweed soup	kimchi sujebi soup
	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi	cabbage kimchi
green salad*D	chicory citron seasoned	wrapped vegetables	jjasai seasoning	green salad*D	
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice chicken soup fish cake cutlet stir-fried anchovy pickled radish vegetable side dish cabbage kimchi	black rice udon soup stir-fried pork kimchi grilled tofu roasted seaweed soybean stew cabbage kimchi	black rice back bone soup grilled meat tteobokki vegetable side dish yogurt cabbage kimchi	black rice shireagi miso soup stir-fried pork bean sprouts seasoned seasoned dried radish wrapped vegetables cabbage kimchi	black rice bean sprouts soup curry rice sausage pancake stir-fried broccoli pickled pepper 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)⑮야생산염(sulphate)