



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	04월 03일(월)	04월 04일(화)	04월 05일(수)	04월 06일(목)	04월 07일(금)
breakfast	black rice shrimp seaweed soup fried egg1 chicken cutlet braised tofu seasoned dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 stir-fried chicken mini pork cutlet radish stew cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 braised pork and quail eggs stir-fried fish cake lettuce side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 sweet and sotr pork stir-fried ham and vegetables seasoned with radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 stir-fried pork kimchi grilled tofu raasted seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	self ramen corner(ramen*egg*rice*kimchi* salad*toast*serial)				
lunch	black rice pork belly char siu rice bowl sausage stir-fried ramen rapeseed shrimp seaweed soup cabbage kimchi acorn jelly seasoned	black rice clam soft tofu stew pork ham chop steak seek pancake jjasai seasoning cabbage kimchi yogurt	black rice stir-fried pork*noodle popcorn chicken stir-fried seaweed stem vegetable side dish cabbage kimchi lemonade	black rice stir-fried chicken ribs egg custark bean sprouts seasoned siraegi miso soup cabbage kimchi lettuce*miso	black rice pork soup*noodles sweet potato fries stir-fried broccoli mushrooms chicory citron seasoned cabbage kimchi five blessings
	fixed menu				
	homemade pork cutlet8(soup*bread*juice*salad)				
	dinner	black rice siraegi miso soup stir-fried pork water dumplings wrapped kelp lettuce*miso cabbage kimchi	black rice bag stew*ramen sweet and sour pork tteobokki stir-fried anchovy seasoned dried radish cabbage kimchi	black rice beef rice cake soup kimchi steamed pork bone fried bread roasted seaweed cucumber cabbage kimchi	black rice udon soup curry rice pork japchae soybean stew green salad cabbage kimchi

★ 원산지표시 ★

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)