



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	04월 10일(월)	04월 11일(화)	04월 12일(수)	04월 13일(목)	04월 14일(금)	
breakfast	black rice kimchi bean sprouts soup fried egg1 stir-fried chicken sweet potato sweet and sour stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried pork kimchi mini pork cutlet silken tofu cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 curry rice vienna quail eggs seasoned dried radish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup fried egg1 stewed meat stir-fried fish cakes jelly and vegetable seasoning cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice sireagi miso soup fried egg1 stir-fried pork tofu dumplings soybean stew cabbage kimchi serial*milk2 toast*jam vegetable salad*D	
	self ramen corner(ramen*egg*rice*kimchi* salad*toast*serial)					
lunch	black rice pork kimchi soup sundae steamed bean sprouts fish cake mushroom sweet and sour vegetable side dishes cabbage kimchi green salad	black rice tuna sprout bibim rice *fried squid steamed backone soybean stew shrimp seaweed soup cabbage kimchi lettuce*seasoning	black rice marbled oil pasta *pork gimbab braised tofu seaweed salad udon soup cabbage kimchi leek side dish	black rice noodles*fried chicken curry tteokbokki seasoned mugwort tofu seasoned pickled radish celery cabbage kimchi lemonade	black rice stir-fried garlic pork egg custard host herbs sireagi miso soup cabbage kimchi lettuce*miso	
	homemade pork cutlet8(soup*bread*juice*salad)					
	fixed menu					
		black rice sireagi miso soup stir-fried pork bibim noodles soybean stew lettuce*miso cabbage kimchi	black rice chicken soup chilli pepper stir-fried ramen seasoned dried radish lemonade cabbage kimchi	black rice homemade fat dumpling soup hamburg chop steak pork japchae vegetable side dishes wrapped kelp cabbage kimchi	black rice back bone soup sweet and sour pork stir-fried fish cakes five blessings green salad cabbage kimchi	black rice udon soup stir-fried pork kimchi mini pork cutlet bean sprouts seasoned grilled seaweed 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)⑮아황산염(sulfite)