



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	04월 17일(월)	04월 18일(화)	04월 19일(수)	04월 20일(목)	04월 21일(금)
breakfast	black rice bean sprouts soup fried egg1 hamburg chop steak boiled quail eggs seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice sireagi miso soup fried egg1 stir-fried pork soybean stew seasoned mugwort tofu cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice shrimp seaweed soup fried egg1 stir-fried chicken broccoli stir-fried anchovy cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice mushroom perilla soup fried egg1 fish cutlet bradised meatballs lettuce side dish cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi bean sprouts soup fried egg1 chilli pepper braised tofu seaweed cabbage kimchi serial*milk2 toast*jam vegetable salad*D
	self ramen corner(ramen*egg*rice*kimchi* salad*toast*serial)				
lunch	black rice jajangmyeon *fried egg*cheese chicken cutlet yuringi water dumplings bean sprouts champon soup cabbage kimchi cha sai	black rice nasi goreng*pork stir-fried udon seasoned bean sprouts sireagi miso soup cabbage kimchi seasoned dried radish	black rice poo pad pong curry *meat dumplings braised pork and quail eggs dressed with crown daisy jelly shrimp seaweed soup cabbage kimchi strawberry juice	black rice stir-fried pork*bibim noodle sweet and sour dumplings stir-fried fish cake mushroom perilla soup cabbage kimchi lettuce*miso	black rice chicken omurice pork japchae stir-fried anchovy beef radish soup cabbage kimchi sedum*citron dressing
	fixed menu				
	homemade pork cutlet8(soup*bread*juice*salad)				
	dinner	black rice beef radish soup spaghetti chicken popcorn stir-fried anchovy lemonade cabbage kimchi	black rice pork tofu kimchi soup stir-fried chicken leek fry host herbs five blessing cabbage kimchi	black rice rice cake dumpling soup stir-fried pork kimchi tofu*soy sauce grilled laver vegetable side dish cabbage kimchi	black rice sujebi soup bulk stewed meat egg custard soybean stew seasoned cucumber 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)