



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	05월 01일(월)	05월 02일(화)	05월 03일(수)	05월 04일(목)	05월 05일(금)	
breakfast	black rice bean sprouts soup fried egg 1 hamburg chop steak braised tofu orange cabbage kimchi serial*milk 1 toast*jam vegetable salad*D	black rice udon soup fried egg 1 stir-fried chicken stir-fried ham and green bean soybean stew cabbage kimchi serial*milk 1 toast*jam vegetable salad*D	black rice sireagi miso sou[ fried egg 1 sweet and sour pork squid potato stew stir-fried fish cake cabbage kimchi serial*milk 1 toast*jam vegetable salad*D	black rice seaweed soup fried egg 1 stir-fried pork kimchi mini pork cutlet roasted seaweed cabbage kimchi serial*milk 1 toast*jam vegetable salad*D	closed	
	<b>self ramen corner(ramen*egg*rice*kimchi* salad*toast*serial)</b>					
lunch	black rice cheese kimch fried rice	black rice aglio olio pasta *stir-fried pork	black rice pork belly and bean sprouts rice	black rice stir-fried chicken *bibim noodles	closed	
	pork chop steak soybean stew bean sprouts soup cabbage kimchi green salad	mushroom fish cake sweet and sour cucumber dressing udon soup cabbage kimchi lettuce side dish	egg custard radish stew sireagi miso sou[ cabbage kimchi leek side dish	sweet potato fries bean sprouts seasoned seaweed soup cabbage kimchi lettuce*miso		
	<b>homemade pork cutlet8(soup*bread*juice*salad)</b>					
	black rice back bone soup chilli pepper pork japchae seasoned dried radish lemonade cabbage kimchi	black rice beef soup stir-fried pork kimchi fried sausage tofu bean sprouts lunch box laver cabbage kimchi	black rice chicken broth vienna quail legs sweet and sour dumplings cucumber seasoned with chives five blessings cabbage kimchi	black rice pork kimchi stew tuna mayo rice grilled meat stir-fried anchovy vegetable side dish cabbage kimchi		closed

★ 원산지 표시 ★

쇠고기(호주산)돈육(국내산)돈뺨(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(sulphite)

