



GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	05월 29일(월)	05월 30일(화)	05월 31일(수)	06월 01일(목)	06월 02일(금)
breakfast	Holiday	black rice siraegi miso soup fried egg1 Hamburger chop steak Braised bacon and potatoes Tomato cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon soup fried egg1 Spicy grilled chicken Meat dumplings*marinade Seasoned cucumber kimchi cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Shrimp Seaweed Soup fried egg1 Braised Vienna sausages mini pork cutlet Stir-fried fish cake cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice mixed grain powder fried egg1 Braised pork kimchi Seasoned crown daisy tofu grilled seaweed cabbage kimchi serial*milk1 toast*jam vegetable salad*D
lunch	Holiday	black rice Galbi-flavored Bulgogi tteokbokki braised beans siraegi miso soup cabbage kimchi lettuce*miso	black rice Beef bone soup*noodle Fried dumplings seasoned dried radish Yogurt cabbage kimchi tomato balsamic salad	black rice Grilled pork belly vegetable bibimbap Hamburger chop steak mushroom pumpkin herb Shrimp Seaweed Soup cabbage kimchi Cucumber*onion*miso	black rice Black-bean-sauce noodles *Fried egg *Cheese Chicken cutlets Dumpling * soy sauce Mushroom Udon Soup cabbage kimchi Seasoned Chasaicho
fixed menu	homemade pork cutlet8(soup*bread*juice*salad)				
dinner	Holiday	black rice Spicy Sausage Stew*Ramen Chicken Nugget *Mustard Steamed eggs Seasoned chicory Lemonade cabbage kimchi	black rice Beef rice cake soup Braised pork kimchi Stir-fried fish cake Grilled seaweed Lettuce geotjeori cabbage kimchi	black rice Backbone Pork Backbone Stew Grilled meat Fried tofu meat salad Seasoned cucumber onion mixed grain powder cabbage kimchi	black rice siraegi miso soup Red pepper paste bulgogi rice young radish greens stir-fried anchovy lettuce*miso 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)