



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	06월 12일(월)	06월 13일(화)	06월 14일(수)	06월 15일(목)	06월 16일(금)
breakfast	black rice shrimp seaweed soup fried egg1 Grilled meat Braised bacon and potatoes Stir-fried anchovies cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean Sprout Soup fried egg1 Stir-fried pork and kimchi tofu*Soy sauce stir-fried fish cake and vegetable cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi Tofu Soup fried egg1 Stir-fried chicken and vegetables braised beans Seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice siraegi miso soup fried egg1 Black bean sauce Quail eggs of Vienna sausage Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Udon miso Soup fried egg1 fish cutlet*tartar sauce Braised pork tofu Geotjeori cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	lunch	black rice Aglio e Olio Pasta*Stir-fried galbi-flavored meat stir-fried fish cake and vegetables braised beans shrimp seaweed soup cabbage kimchi Geotjeori	black rice Cheese budae jjigae*noodle Braised Short Ribs dumpling*Sauce Bean sprouts cabbage kimchi Lemonade	black rice Cold Kimchi Noodles boiled meat Dried Radish Salad Lettuce*a crown daisy*miso cabbage kimchi Yogurt	black rice Boneless king galbi chicken*Kimchi Fried Rice*seaweed flakes Braised tofu seasoned acorn jelly and vegetable salad siraegi miso soup cabbage kimchi Pickled radish
fixed menu	<b>homemade pork cutlet8(soup*bread*juice*salad)</b>				
dinner	black rice Bean Curd and Kimchi Jjigae Tuna mayonnaise rice Sausage egg fried Seasoned chives laver cabbage kimchi	black rice Beef and Radish Soup Braised quail eggs with pork bibimJjolmyeon Stir-fried anchovy Yogurt cabbage kimchi	black rice Shrimp Seaweed Soup Braised Pork Belly with Kimchi Grilled tofu*Sauce Stir-fried seaweed Lemonade cabbage kimchi	black rice bone hangover soup Grilled meat Braised ham and potatoes Seaweed Salad Geotjeori cabbage kimchi	black rice siraegi miso soup Bulgogi Dumpling * soy sauce Dried Radish Salad 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)