



# GIST 1 student cafeteria weekly meal plan



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

2023년 에이치비 푸드시스템

★	08월 28일(월)	08월 29일(화)	08월 30일(수)	08월 31일(목)	09월 01일(금)
breakfast	black rice shrimp seaweed soup fried egg1 stir-fried chicken green pumpkin greens seasoned cucumber cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice kimchi tofu soup fried egg1 curry rice fish cutlets*tarsus seasoned chili cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice soybean paste soup fried egg1 pork bulgogi braised beans fresh lettuce kimchi cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup fried egg1 chicken nuggets*mustard braised tofu bean sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice seaweed soup steamed eggs1 grilled ham stir-fried noodles dried laver for lunch box cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	self-service( ramen. Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***				
lunch	black rice garlic ssambap with pork stir-fried squid udon mustard with bean sprouts lettuce*ssamjang cabbage kimchi shrimp seaweed soup	black rice cheese budae jjigae* ramen noodles braised short ribs braised seaweed backbone seasoned chicory citron cabbage kimchi lemonade	black rice boneless chicken* kimchi ham fried rice braised shrimp radish crab meat cold salad acorn jelly salad cabbage kimchi soybean paste soup	black rice flying fish roe bibimbap hamburger steak seasoned broccoli mushroom full of pumpkin cereal cabbage kimchi mushroom udon soup	black rice beef and rice soup*noodles steamed eggs stir-fried ham and potato cold cherries cabbage kimchi dried radish salad
	fixed menu	homemade pork cutlet8(soup*bread*juice*salad)			
dinner	black rice beef radish soup stir-fried soondae dumpling*soy sauce fresh kimchi picked radish cabbage kimchi	black rice nagasaki seafood noodles grilled short rib patties bibimmyeon stir-fried seaweed stems pickled cucumber salad cabbage kimchi	black rice tuna mayonnaise rice braised pork and kimchi stir-fried anchovies grilled green laver bean sprouts soup cabbage kimchi	black rice pork back-bone stew chicken cutlet*sauce stir-fried fish cake fresh kimchi lemonade cabbage kimchi	black rice soybean paste soup pork bulgogi sausage exhibition bean sprouts lettuce*ssamjang 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(sulphite)