

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	09월 11일(월)	09월 12일(화)	09월 13일(수)	09월 14일(목)	09월 15일(금)
breakfast	black rice dried cabbage miso soup fried egg1 Braised pork cutlet and teriyaki braised tofu seasoned laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice udon soup egg custard Braised Spicy Chicken stir-fried anchovies Pickled Cucumber Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice sea mustard soup fried egg1 stir-fried spicy pork braised beans fresh vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Bean sprout soup fried egg1 grilled sanjeok billed quail eggs and Devil's-tongue Jelly Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi tofu soup steamed eggs1 stir-fried Vienna Ring oyster mushrooms Braised potatoes Stir-fried Seaweed Stems cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	self-service(ramen, Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***				
lunch	black rice Galbi-flavored bulgogi* spicy noodles dumpling seasoned bean sprouts Fresh Lettuce Kimchi dried cabbage miso soup cabbage kimchi	black rice Cold noodles with anchovies* TAROKAYRI Braised Pork with Aged Kimchi braised anchovies and beans Green bean stir-fried fish cake a vegetable salad*D seasoned cucumber and seasoned radish	black rice Spicy grilled chicken braised tofu Stir-fried mushroom and seaweed stem Vegetables and ssamjang Seaweed soup with shrimp cabbage kimchi	black rice Shovel pork belly sprout bibimbap Fish cutlet and tar sauce Stir-fried Shredded Potatoes spicy seasoned cucumber Bean sprout soup cabbage kimchi	black rice Cheese Omelet Rice Ratatouille meatballs Stir-fried pork and eggplant Green Salad Pork and Kimchi stew cabbage kimchi
	fixed menu homemade pork cutlet8(soup*bread*juice*salad)				
dinner	black rice Beef bone rice cake dumpling soup Meat Spaghetti Chicken popcorn* Mustard braised beans Dried Radish Salad cabbage kimchi	black rice Beef and Radish Soup Chicken cutlet and sauce Steamed eggs Seasoned acorn Jelly and vegetables Devil's-tongue Jelly mustard salad cabbage kimchi	black rice Spicy Sausage Stew* Ramen noodle braised pork and quail eggs stir-fried anchovies Seasoned seaweed mayonnaise seasoned dried cucumbers cabbage kimchi	black rice Black Soybean Sauce hamburger chop steak Stir-fried ball fish cake and Devil's-tongue jelly a vegetable salad*D Seaweed soup with shrimp cabbage kimchi	black rice dried cabbage miso soup stir-fried spicy pork sausage and egg pancake Bean Sprout Salad Cucumber pepper and ssamjang cabbage kimchi

★ 원산지표시 ★

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)