

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	09월 25일(월)	09월 26일(화)	09월 27일(수)	09월 28일(목)	09월 22일(금)	
breakfast	black rice udon soup fried egg1 braised Vienna quail eggs Braised tofu zucchini greens cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Cold bean paste soup fried egg1 Chicken cutlet * sauce braised meatball teriyaki fresh vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Bean sprout soup fried egg1 Grilled Galbi Patties braised potatoes Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	휴 무	휴 무	
	self-service(ramen, Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***					
lunch	black rice Pork stew * Sujebi	black rice Curry pasta * Grilled pork	black rice Snowflake Cheese Kimchi Fried Rice * Takoyaki			
	Red pepper mayo meat skewered meat Tteokbokki Seasoned acorn jelly and cucumber Stir-fried Seaweed Stems cabbage kimchi	Fried dumplings * lemon sauce Braised freshwater shrimp Vegetables and ssamjang Dried bean paste soup cabbage kimchi	braised pork quail eggs zucchini greens Green salad * D Bean sprout soup cabbage kimchi	휴 무	휴 무	
	homemade pork cutlet(soup*bread*juice*salad)					
	black rice Beef and Radish Soup Fish cutlet and tar sauce Stir-fried fish cake with furan balls Bean Sprout Salad Dried Radish Salad cabbage kimchi	black rice chicken hot spicy meat stew Hamburger steak Stir-fried ham green bean Stir-fried anchovies Kelp * Red chili pepper paste with vinegar cabbage kimchi	black rice Cold bean paste soup Stir-fried pork and kimchi Mini pork cutlet * Ketchup braised beans seasoned laver cabbage kimchi	휴 무	휴 무	

★ 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)⑮야황산염(sulgate)