

GIST 1 student cafeteria weekly meal plan

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

2023년 에이치비 푸드시스템

★	10월 16일(월)	10월 17일(화)	10월 18일(수)	10월 19일(목)	10월 20일(금)
breakfast	black rice udon soup fried egg1 braised tuna tofu Sweet and sour pork Pickled Cucumber Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Cold bean paste soup fried egg1 Braised Spicy Chicken Stir-fried Shredded Potatoes Dried Radish Salad cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Kimchi tofu soup fried egg1 Spicy Stir-fried Bean Sprouts Pork braised beans fresh vegetables cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice Potato pumpkin soybean paste soup fried egg1 Chicken cutlet * Mustard Stir-fried fish cake Bean sprouts cabbage kimchi serial*milk1 toast*jam vegetable salad*D	black rice bean sprouts soup steamed eggs1 Stir-fried pork and kimchi Steamed tofu * Sauce sauce Lunchbox laver cabbage kimchi serial*milk1 toast*jam vegetable salad*D
	self-service(ramen, Egg, steamed rice, kimchi, serial, milk,toast,vegetable salad)***				
lunch	black rice spicy pork stew Hamburger chop steak Cheese Tteokbokki Bean sprouts Green Salad * D cabbage kimchi	black rice Galbi-flavored pork bulgogi, * Bibim noodles Fried vegetable spring rolls Stir-fried nam and vegetables Bean Sprout Salad Cold bean paste soup cabbage kimchi	black rice Anchovy noodles * Pork and pork Grilled potato butter Stir-fried anchovies Dried Radish Salad Vegetables * Ssamjang cabbage kimchi	black rice Beef Brisket Soybean Paste stew Steamed chicken with rosini Fried tofu and japchae fresh vegetables lemonade cabbage kimchi	black rice Rose omurice Sausage penne pasta Japchae seafood meatball Vegetable Salad * D bean sprouts soup cabbage kimchi
	homemade pork cutlet8(soup*bread*juice*salad)				
fixed menu					
dinner	black rice hot spicy chicken stew Sausage egg field braised pumpkin konjac mustard Pickled Cucumber Salad cabbage kimchi	black rice Hand-pulled Dough Soup with Perilla Seeds Steamed pork belly pork kimchi Grilled tofu * Seasoning sauce Stir-fried Seaweed Stems braised beans cabbage kimchi	black rice Spicy sausage stew * Ramen noodles Braised Pork and Quail Eggs In Soy Sauce Sweet braised dumplings Pickled cucumbers Red chili pepper paste with v cabbage kimchi	black rice Curry Rice Grilled meat Stir-fried anchovies Seasoned bean sprouts udon soup cabbage kimchi	black rice Beef and Radish Soup braised macaroni meatballs braised potato konjac Bean sprouts Dried Radish Salad 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)⑮야황산염(sulphite)