

인하대 생활관 주간 식단표

	07월 04일 (Mon)	07월 05일 (Tue)	07월 06일 (Wed)	07월 07일 (Thu)	07월 08일 (Fri)	07월 09일 (Sat)	07월 10일 (Sun)
Break fast	one-dish meal Beef and garlic fried rice *fried eggs a dried bonito clear soup braised short rib patties for a bite kimchi	korean food beef&vegetables gruel watery kimchi made of sliced radishes grilled buckwheat cake stir-fried potato&green pepper fermented squid Jelly	one-dish meal pasta salad corn soup Cheese Hamburger butter roll&strawberry jam cold cucumber pickles	one-dish meal Ham cheese muffin cream soup Potato Croquette cabbage salad & dressing	korean food Bacon egg roll boiled rice Dried shrimp spinach soybean paste soup boiled Japchae in fish cake seasoned stalk of a garlic kimchi		
	kcal 824	796	746	651	913		
Lunch A	one-dish meal Cold Noodles with soup rice Tuna mayo is all over the place dumpling&vinegar soy sauce pickled beet radish	korean food 1)Kimchi jigae that you mix boiled rice with seaweed flake stir-fried pork&bean sprouts Seafood and vegetable cutlets Sesame Leaves Marinated in Sov Sauce diced radish kimchi	one-dish meal overripe cucumber&vegetable kimchi fried rice&fried egg sea mustard soup boneless chicken cutlet*mustard sauce ice plum tea	korean food spicy sausage stew boiled rice Stir-fried chicken and vegetables beans cooked in soy sauce raw chives diced radish kimchi	one-dish meal Kang's Restaurant's Niiarakauksu rice Grilled neobiani with seasoned sesame seeds fresh kimchi Juicy Cool	korean food bean paste stew boiled rice roasted Teriyaki Mackerel steamed bean curd fried kimchi Kalsoom Bean Donuts	one-dish meal icy udon hurigake rice ball Sweet and sour chicken balls fresh kimchi
	kcal 867	920	867	915	871	932	855
convenient food	A cup of fruit pack	Meat Sauce Chili Hot Dog Can Coke	Chicken breast salad Soymilk	Pork cutlet salad Apple juice	a sun-shaved ice pack Cup soup		
kcal	211	515	315	354	420		
Dinner	korean food hot spicy meat stew boiled rice korean style meatball&pollack pancake Grilled Seaweed Seasoned mustard with bean sprouts diced radish kimchi	korean food Hand-made dumpling soup with rice cake boiled rice kimchi pancake silken beancurd&soy sauce spicy boiled fish cake kimchi	korean food baked yellow corbina boiled rice curled mallow bean paste soup Spicy Stir-fried Soy Sauce Vegetables seasoned pigweed kimchi	one-dish meal Chinese grass japchae deonban egg green onion soup starches, vegetable and Seafood with Mustard Sauce Chinese-style pickled radish yogurt	one-dish meal ham kimchi fried rice *fried eggs/Seaweed powder fish cake&radish soup mozzarella hot dog pickled vegetable	one-dish meal Rice with Grilled Short Rib a dried bonito clear soup fried crabstick kimchi	one-dish meal Beef bean sprout rice young radish soybean paste soup stir fried pork&kimchi baked laver&seasoning soy sauce diced radish kimchi
	kcal 966	881	816	937	909	889	875

* 상기메뉴는 식자재 수급에 따라 변경 될 수 있습니다.

* 원산지 표시는 일일메뉴에 게시합니다.

평일 조식 : 07:30 ~ 09:00

중식 : 11:30 ~ 13:30

석식 : 17:30 ~ 19:30

주말 조식 : 미운영

중식 : 10:00 ~ 13:30

석식 : 17:30 ~ 19:30

Fodist