

인하대 생활관 주간 식단표

	07월 18일 (Mon)	07월 19일 (Tue)	07월 20일 (Wed)	07월 21일 (Thu)	07월 22일 (Fri)	07월 23일 (Sat)	07월 24일 (Sun)
Break fast	korean food beef leg bone&rice cake dumpling soup boiled rice Fried Tofu Eggs stir-fried anchovy raw radish&chives kimchi	korean food Tofu egg soup barbequed beef seasoned chili pickled in soy sauce watery kimchi made of sliced radishes a five-colored platform	one-dish meal Morning Bread*Jam/Butter Sweet Pumpkin soup Meatball pork chop green salad cereal milk	korean food Shrimp soup stew boiled rice Neobiani* Garlic Sauce stir-fried mushroom Lactobacillus drink kimchi	one-dish meal Chicken snack wrap corn cream soup Omelette Black/Mixed Coffee apple		
	kcal	918	841	766	901	710	
Lunch A	one-dish meal Pork cutlet wrapped in wraps rice Clear Udon Soup Glaze Twisted Breadth kimchi	one-dish meal Chinese spicy pork over rice Chinese-style soup with vegetables and seafood deep-fried spring roll&chili sauce fried flower bread and condensed milk pickled radish	korean food T)lbuk-style chicken soup brown rice zucchini&chives pancake stir-fried fish cake iced soft persimmon diced radish kimchi	one-dish meal Napolitan pasta Cream soup* bread Fried butter-garlic potatoes Pickle jalapeno	korean food Soy sauce bulgogi boiled rice soft tofu stew seasoned bean sprouts&green onion Pickled sesame leaves kimchi	korean food pork on the bone soup boiled rice noodles mixed with vegetables stir-fried green laver Pickled onion diced radish kimchi	one-dish meal fried rice with shrimp&vegetables mini banquet noodles ed meat with meatballs kimchi Juicy Cool
	kcal	867	818	925	970	861	911
convenient food	Pulled Pork Salad cracker	Cheeseburger Sprite	Cold udon salad grape juice	tomato basil sandwich cream soup	One cup a day. Fruit pack		
kcal	518	517	415	453	204		
Dinner	one-dish meal Chili tuna vegetable bibimbap bean curd soybean paste soup Crockett kimchi	one-dish meal chopped noodles in hot spicy meat stew rice sausage&rice cake skewers kimchi	one-dish meal Crab meat curry over rice fried tofu soybean paste soup Menchikas* hot chili pickled vegetable kimchi	korean food Braised Sweet Pumpkin Chicken with Soy Sauce boiled rice tofu&kimchi stew Sweet and sour fish cake cabbage vegetables diced radish kimchi	one-dish meal spam&kimchi fried rice *seaweed flake enoki mushroom soybean paste soup Fish and Chips corn salad	one-dish meal Donwook Mapa Tofu Rice with Rice with Tofu egg soup Shiitake mushroom rice cake soup Peach Steamed Bread Chinese-style pickled radish kimchi	korean food curry baked mackerel boiled rice Potato sujebi Viennasausage boiled down in kechup seasoned bean sprouts kimchi
	kcal	863	974	936	971	957	946

* 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