

인하대 생활관 주간 식단표

	08월 08일 (Mon)	08월 09일 (Tue)	08월 10일 (Wed)	08월 11일 (Thu)	08월 12일 (Fri)	08월 13일 (Sat)	08월 14일 (Sun)
Break fast	one-dish meal	korean food	one-dish meal	one-dish meal	korean food		
	fried rice smoked duck fish cake soup Seafood cutlet*tartar cabbage salad kimchi	dried pollack bean sprout soup watery kimchi made of sliced radishes Stir-fried boneless chicken Braised burdock wasabi radish salad kimchi	pasta salad Udon soup Cham-kkae-bool kimchi Yoplait	ham cheese sandwich cream soup hash brown*Ketchup Banana Plum tea	a thick chicken soup*yam noodles boiled rice Braised japchae fish cake Stir-fried pumpkin mushrooms seasoned stalk of a garlic kimchi		
kcal	765	886	951	830	946		
Lunch A	korean food	one-dish meal	one-dish meal	korean food	one-dish meal	korean food	one-dish meal
	stir-fried pork with red chili-pepper paste rice sea mustard soup mixed dish of boiled bean threads, stir-fried vegetables Pumpkin Corn Pancake kimchi	Chinese bibimbap *Fried eggs egg soup boiled down in soysauce& fried chicken Seasoned Spicy Seafood Noodles	Stir-fried kimchi chives noodles rice onion chicken gas fresh kimchi Yogurt	T)Spam jjageuli boiled rice Fish cutlet*wasabi mayo Stir-fried fish cake roasted seaweed diced radish kimchi	Aqua pork cutlet rice enoki mushroom soup Pig Bar Morning bread pickled marine radish	bean paste stew boiled rice Pickled radish miso soup Braised tofu Bean sprouts kimchi	icy udon rice sausage&rice cake skewers Pickled radish
kcal	957	818	680	839	651	788	1028
convenient food	Bacon egg salad juice	powder of roast grain Pack cream soup	Cajun chicken salad apple drink	Tuna lotus root salad cracker	Steak cheese muffins orange juice		
kcal	329	254	186	442	501		
Dinner	one-dish meal	one-dish meal	one-dish meal	one-dish meal	one-dish meal	one-dish meal	korean food
	mung beans-jelly seasoned with vegetables bibimbab dried radish greens soybean paste soup boiled korea style meat ball seasoned stalk of a garlic kimchi	Napolitan pasta cream soup Cream Cheese Garlic Bread hand made pickles	Chicken omelet rice fried tofu soup noodles mixed with vegetables crap meat salad kimchi	fried rice pork with kimchi soy bean soup sweet dzuki beans spring roll Pickled red onions diced radish kimchi	grilled hamburg steak boiled rice corn soup Croissant&strawberry jam Pickles*Hilapenos	mixed noodles with Kimchi bean sprouts soup fried glutinous pork with nuts Rock Kyo-oh Welfare Seasoning Mexican salad	Bone soup boiled rice korean style meatball dried blue jaban seasoned dried slices of daikon kimchi
kcal	812	658	667	861	686	775	656

* 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

Foodist