

인하대 생활관 주간 식단표

| | 10월 24일 (Mon) | 10월 25일 (Tue) | 10월 26일 (Wed) | 10월 27일 (Thu) | 10월 28일 (Fri) | 10월 29일 (Sat) | 10월 30일 (Sun) |
|------------------------|---|--|--|--|--|---|---|
| Break fast | Korean cuisine | one-dish meal | one-dish meal | Korean cuisine | one-dish meal | Korean cuisine | Korean cuisine |
| | Seaweed rice cake soup boiled rice grilled curry flatfish stir fried crab stick&vegetables raw chives kimchi | Vietnam style sandwich cream soup Fusilicon Salad chocolate/strawberry milk | Spam-derimayo rice with rice Udon soup apple spring roll kimchi juice | Beef radish soup boiled rice sausage pancake braised Pan-Fried Tofu Stir-fried seaweed stem kimchi | Bacon garlic mixed rice *Fried egg miso soup Menchikasu pickled cucumbe | Grilled short rib patties*Sesame Derry S boiled rice kimchi&bean sprouts soup stir-fried anchovy raw pimpinella brachycarpa kimchi | Spicy fish cake ramen rice steamed dumplings pickled radish kimchi |
| | kcal | 911 | 614 | 879 | 913 | 852 | 944 |
| Lunch A | Korean cuisine | Korean cuisine | <Selection of earthen pot> | Korean cuisine | Request menu | one-dish meal | Korean cuisine |
| | Jindo Island Large Wave Station boiled rice Braised sweet pumpkin with soy sauce boiled peanut Kkosiraegi chomuchim kimchi | Kimchi Tot radish rice & seasoning sauce red chili-pepper paste stew Soy sauce bulgogi seasoned bean sprouts mustard Grilled Seaweed diced radish kimchi | <Selection of earthen pot> T)Spicy Sausage Stew or T)Soft tofu stew boiled rice Stir-fried sundae and vegetables Chicory apple salad Fried hard bread Yogurt | Grilled hairtail & wasabi sauce boiled rice rice cake dumpling soup stir-fried sausage with kechup seasoned bean sprouts kimchi | T)Seolleongtang*Noodles Mixed grain rice Japchae with paprika Stir-fried spicy fish cake kimchi assorted fruits | Chinese-style noodles with vegetables and seafood rice sweet and sour pork with oyster sauce Zhasai Yogurt | T)pork&kimchi stew boiled rice steamd egg curry croquette Ssam-dried kelp*salted anchovies diced radish kimchi |
| | kcal | 951 | 974 | 945 | 996 | 981 | 988 |
| Lunch b | one-dish meal | one-dish meal | one-dish meal | one-dish meal | one-dish meal | | |
| | Bulgogi oil pasta cream soup Chocolate Twisted Bread hand made pickled radish | Smoked duck oyster sauce fried rice *Fried egg enoki mushroom soybean paste soup fish cutlet flaming machine kimchi | one-dish meal | Baehongdong Bibimmyeon a thick beef soup Neobiani Egg Frying white kimchi | one-dish meal | | |
| | kcal | 889 | 974 | 1092/997 | 857 | 996 | |
| Dinner A | one-dish meal | Korean cuisine | one-dish meal | Korean cuisine | one-dish meal | one-dish meal | one-dish meal |
| | Thai pork over rice *Fried egg bean curd soybean paste soup Pizza Spring Rolls * Samosa kimchi | Veteran kalguksu rice sausage&rice cake skewers fresh kimchi | Stir-fried spicy pork vegetable bibimbap fried tofu soybean paste soup Fried lotus root shrimp white kimchi | Beef backbone stew boiled rice zucchini&chives pancake seasoned acorn jelly salad Pickled green onion with wild pepper kimchi | U-ZZA (Udon and black bean noodles) rice dumpling mixed seasoned vegetable Fruits Sweet Potato Salad kimchi | stir-fried kimchi with dried slices of daikon bibimbob cuttlefish&radish soup Mini hot dog pickled radish | Chicken cutlet with Oroshi sauce rice Minion buckwheat cabbage salad Obokchae |
| | kcal | 934 | 914 | 932 | 998 | 975 | 897 |
| Dinner convenient food | Nachosalsa salad Green plum | Meat Sauce Hot Dog Soda | Sweet pumpkin egg salad soybean milk | Basil Short Pasta Salad cream soup | Bagel sandwich yogurt | | |
| | kcal | 315 | 617 | 347 | 509 | 611 | |

* 상기메뉴는 식자재 수급에 따라 변경 될 수 있습니다.

* 원산지 표시는 일일메뉴에 게시합니다.

조식 : 07:30 ~ 09:00

중식 : 11:30 ~ 13:30

석식 : 17:30 ~ 19:30

Fodist