

인하대 생활관 주간 식단표

구분	2023-09-18(Mon)	2023-09-19(Tue)	2023-09-20(Wed)	2023-09-21(Thu)	2023-09-22(Fri)	2023-09-23(Sat)	2023-09-24(Sun)
Break fast	korean food	one-dish meal	korean food	one-dish meal	korean food	Set Menu of Ramen	one-dish meal
	Beef and Radish Soup boiled rice Pan-fried Battered Sausage Roasted Laver*sauce Stir-fried Seaweed Stems kimchi	Smoked Duck Vegetable Rice Seaweed Soup Omelet*ketchup Pickled lettuce Stems kimchi	Pumpkin Porridge boiled rice Steamed egg Grilled Marinated Beef Dried Radish Salad kkakdugi	Blueberry cream cheese toast cream soup Hash Browns*ketchup cabbage salad*Plum D Juicy cool	Spicy Stir-fried Chicken boiled rice Bean Sprouts Dried Pollack Soup Crab Stick corn pancake Julienne Radish Fresh Salad kimchi	Ramen boiled rice Sausage and Rice Cake Skewers*Mustard S kimchi	Spicy Beef Soup boiled rice Braised Eggs in Soy Sauce Stir-fried File Fish Pickled Perilla Leaves kimchi
Kcal	868	537	893	671	707	952	763
Lunch A	korean food	Main Choice	korean food	korean food	Set Menu of Hamburger Steak	korean food	one-dish meal
	Grilled Curry Mackerel boiled rice Sliced Rice Cake Soup Minced Cutlet Cabbage and Chives salad kimchi	<Main Choice> Cream Curry Sauce OR Black Bean Sauce boiled rice Chive Egg Soup Fried Pork with Peanut Sauce Spicy Chewy Noodle Vegetable Salad Pickled Radish	Spicy Beef Soup boiled rice Pan-fried Battered Meatballs*ketchup Mushroom Japchae Short-fruit Pimpinella Salad kkakdugi	Mung Bean Sprouts Bulgogi boiled rice Napa Cabbage Soup Kimchi Pancake Seasoned red pepper leaves kkakdugi	Cabbage Pancake Hamburger Steak boiled rice Crab Soup Fruit Macaroni Salad Pickles yogurt	Spicy Seafood Soup with Soft Bean Curd boiled rice Square Tofu*ketchup Deep-fried Laver Roll Stuffed with Glass Noodles Chicory Fresh Salad kimchi	Stir-fried Squid with Rice Radish Soup Shrimp Cutlet*Tar S kimchi
Kcal	943		695	768		776	921
Lunch B	one-dish meal		one-dish meal	one-dish meal			
	Spicy cold noodles boiled rice Soup with Green Onions Fried Mandu Pickled Radish		Thai Pork over rice *Fried egg udon soup Pizza Choon Kwon*Samosa kimchi	Dandan Noodles boiled rice Sweet and Sour Pork in Sweet Rice Batter Jjasyai			
Kcal	602	982 / 968	977	609	1056		
Dinner	one-dish meal	korean food	one-dish meal	korean food	one-dish meal	one-dish meal	korean food
	Stir-fried Pork and Kimchi with Rice udon soup Deep-fried Crab Sticks Rakkyo Radish pickle	Cheese Sausage Jjigae boiled rice Braised Jalapeno Maon Maethall Stir-fried Dried Anchovies Braised Burdock Roots kimchi	Vietnamese Rice Noodles Furigake rice Sweet Potato Rolls*Chili S kimchi	Spicy Chicken and Napa Cabbage soup boiled rice Braised mini pork cutlet Soft tofu*sauce Stir-fried Green Laver and Seaweed kimchi	Seasoned Soybean Paste Bibimbap Fried Bean Curd Kimchi Soup Meat and vegetable croquet *ketchup kimchi	Dough Soup with Perilla Seeds boiled rice Potato Corn Dog*ketchup Fresh Napa Cabbage Kimchi	Tuna and Kimchi Jjigae boiled rice Braised Fishcake Skewer Bean Sprout and crab stick Salad Stir-fried pumpkin and Ovster Mushrooms kkakdugi
Kcal	820	995	820	951	930	794	731
Convenient food	Chicken Cobb Salad Strawberry milk	Garlic Hot dog soda	Deep-fried Shrimp Juicy cool	basil Pasta Chicken salad cream soup	Steak Cheese Muffin orange juice		
Kcal	323	606	282	334	501		

* 상기에뉴는 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 : 07:30 ~ 09:00

중식 : 11:30 ~ 13:30

석식 : 17:30 ~ 19:30

Fodist