

## YCIS Shanghai Primary&Secondary Century Park Campus Set Menu 上海耀中浦东世纪公园校区套餐菜单

Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	
套餐	2022/9/26	2022/9/27	2022/9/28	2022/9/29	2022/9/30	
Set A	Beef Stew with Radish	Yu-Shiang Shredded Pork	Fried Egg with Tomato and Ham	Chicken with Three Cups Sauce	Shanghai Duck Breast in Brown Sauce	<b>Weekly Nutritional Reading</b> <b>一周营养分析</b>  Energy(Kcal) 1079.4  能量(千卡)  Protein (g) 45 蛋白质 (克)  Fat (g) 42.6 脂肪 (克)  Carbohydrate (g) 129 碳水化合物 (克)
Chinese Style	Steamed Egg with Minced Pork	Chicken , Hainan Style	Sautéed Sliced Beef with Black Pepper	Sweet and Sour Fish	Fried Rice Cake with Pork	
套餐A	白萝卜炖牛腩	鱼香肉丝	火腿番茄炒蛋	三杯鸡	上海酱鸭	
中式套餐	肉糜蒸蛋	海南鸡	黑椒牛肉片	咕啫鱼	中式肉丝炒年糕	
Set B	Grilled Chicken Breast	New: Fish steak with Tata Sauce	Duck Breast in Honey Mustard	Curry Pork,Thai Style	BBQ Roast Pork	
Western Style	Pasta with Sausage in basil Sauce	Bacon with Mashed Potato	Salami Pizza	Chicken Lasagna	Beef Roll	
套餐B	铁板鸡胸	新: 香酥鳕鱼排配塔塔汁	芥末鸭胸	泰式咖喱猪肉	BBQ烤猪颈肉	
西式套餐	香肠罗勒意面	培根土豆泥	沙拉米芝士披萨	鸡肉酱千层面	墨西哥牛肉卷	
Chef's Table 主厨精选 Temporarily closed during the pandemic 疫情期间暂时关闭						
Soup of the day 每日例汤	Tomato Soup 番茄汤	Miso Soup 味噌汤	MushroomSoup 菌菇汤	Borsch Soup 罗宋汤	Radish Soup 萝卜汤	Daily drink (milk or yoghurt or soy milk or bottle water are included in each set menu 每日饮料 (牛奶或酸奶或豆奶或矿泉水) 包含在每份套餐里面
Vegetable of the day 每日蔬菜	Sautéed Vegetables with Fungus 黑木耳炒杭白菜	Stir-Fried Cabbage with Carrot 卷心菜炒胡萝卜丝	Boiled Cauliflower and Broccoli 白灼双花菜	Butter Zucchini with Carrot 黄油胡萝卜西葫芦	Fried Qingcai with Mushroom 菌菇炒青菜	
Fruit of the day 每日水果	Pear 梨	Orange 蜜橘	Apple 苹果	Banana 香蕉	Cherry Tomato 千禧小番茄	
Dessert of the day 每日点心	Sponge cake 海绵蛋糕	Soda Biscuit 苏打饼干	Banana Cake 香蕉蛋糕	Butter Baguette 黄油烤法棍	Carrot cake 胡萝卜蛋糕	
Cooked Salad 熟食色拉	Fried Bean Sprouts with Vermicelli 银牙炒粉丝	Curry Chickpea 咖喱鹰嘴豆	Dried Tofu with Green Soy Bean 毛豆炒素鸡	Couscous Salad 中东米色拉	Stir-Fried Noodles with Vegetables 炒面	



Nutritional reading weekly: Red Meat 14% Fish 8% Vegetables 36%  
White Meat 8% Starch 32% Deep Fried 2%

菜单营养成分: 红肉 14% 鱼类 8% 蔬菜 36%  
白肉 8% 淀粉类 32% 油炸 2%

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Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Weekly Nutritional Reading 一周营养分析
套餐	2022/10/3	2022/10/4	2022/10/5	2022/10/6	2022/10/7	
Set A				Duck in Brown Sauce	Sweet and Sour Spare Ribs	Energy(Kcal) 1059 能量(千卡) Protein (g) 44.5 蛋白质(克) Fat (g) 41 脂肪(克) Carbohydrate (g) 128 碳水化合物(克)
Chinese Style				Sautéed Sliced Fish with Mustard Green	Steamed Egg with Shrimp	
套餐A	National Day Holiday	National Day Holiday	National Day Holiday	上海酱鸭	糖醋排条	
中式套餐	国庆节假期	国庆节假期	国庆节假期	芥菜鱼片	虾仁蒸蛋	
Set B				Baked Chicken Breast with Cheese	Duck Confit	
Western Style	National Day Holiday	National Day Holiday	National Day Holiday	Spaghetti Bolognese(Beef)	Lamb Burrito	
套餐B	国庆节假期	国庆节假期	国庆节假期	芝士焗鸡胸肉	油封鸭腿	
西式套餐				牛肉酱意大利面	墨西哥羊肉饼	
Chef's Table 主厨精选	Temporarily closed during the pandemic 疫情期间暂时关闭					
Soup of the day 每日例汤				Minestrone Soup 意大利蔬菜汤	White Gourd Soup 冬瓜汤	Daily drink (milk or yoghurt or soy milk or bottle water are included in each set menu 每日饮料(牛奶或酸奶或豆奶或矿泉水)包含在每份套餐里面
Vegetable of the day 每日蔬菜	National Day Holiday	National Day Holiday	National Day Holiday	Boiled Cauliflower and Broccoli 白灼双花菜	Stir-Fried Cabbage with Carrot 卷心菜炒胡萝卜丝	
Fruit of the day 每日水果	国庆节假期	国庆节假期	国庆节假期	Apple 苹果	Banana 香蕉	
Dessert of the day 每日点心				Butter Cake 黄油蛋糕	Soda biscuit 苏打饼干	
Cooked Salad 熟食色拉				Potato Salad 土豆色拉	Fried Rice Noodles 炒河粉	



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White Meat 8% Starch 32% Deep Fried 2%

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白肉 8% 淀粉类 32% 油炸 2%