

YCIS Shanghai Primary Regency Park Campus Set Menu 上海耀中浦东御翠园小学部套餐菜单

Station	Monday 周一 (中餐)	Tuesday 周二 (西餐)	Wednesday 周三 (中餐)	Thursday 周四 (西餐)	Friday 周五 (中餐)	
套餐	2022/9/26 (Chinese Style)	2022/9/27 (Western Style)	2022/9/28 (Chinese Style)	2022/9/29 (Western Style)	2022/9/30 (Chinese Style)	
Set Menu 套餐	Beef Stew with Radish	New: Fish steak with Tata Sauce	Fried Squid in Tomato Sauce	Curry Pork,Thai Style	Shanghai Duck Breast in Brown Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 673.4 能量(千卡) Protein (g) 27.1 蛋白质 (克) Fat (g) 25 脂肪 (克) Carbohydrate (g) 85 碳水化合物 (克)
	Steamed Egg with Minced Pork	Duck Breast with Mashed Potato	Sautéed Sliced Beef with Black Pepper	Chicken Lasagna	Sweet and Sour Fish	
	白萝卜炖牛腩	新: 香酥鳕鱼排配塔塔汁	番茄鱿鱼筒	泰式咖喱猪肉	上海酱鸭	
	肉糜蒸蛋	橙味鸭胸配土豆泥	黑椒牛肉片	鸡肉酱干层面	咕啫鱼	
Soup of the day 每日例汤	Tomato Soup 番茄汤	Miso Soup 味噌汤	Mushroom Soup 菌菇汤	Borsch Soup 罗宋汤	Radish Soup 萝卜汤	
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	Pumpkin Cake 南瓜饼	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	
Y1-Y4 Daily drink (milk or yoghurt or soy milk are included in each set menu Y1-Y4 每日饮料 (牛奶或酸奶或豆奶) 包含在每份套餐里面)						



Nutritional reading weekly: **Red Meat 12%** (White Meat 8%) **Fish 10%** **Starch 32%** **Vegetables 37%** (Deep Fried 2%)

菜单营养成分: **红肉 12%** (白肉 8%) **鱼类 10%** **淀粉类 32%** **蔬菜 37%** (油炸 2%)

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套餐	2022/10/3 (Chinese Style)	2022/10/4 (Western Style)	2022/10/5 (Chinese Style)	2022/10/6 (Western Style)	2022/10/7 (Chinese Style)	
Set Menu 套餐	National Day Holiday 国庆节假期	National Day Holiday 国庆节假期	National Day Holiday 国庆节假期	Baked Chicken Breast with Cheese Spaghetti Bolognese(Beef) 芝士焗鸡胸肉 牛肉酱意大利面	Sweet and Sour Spare Ribs Steamed Egg with Shrimp 糖醋排条 虾仁蒸蛋	Energy(Kcal) 867.8 能量(千卡)
Soup of the day 每日例汤				Minestrone Soup 意大利蔬菜汤	White Gourd Soup 冬瓜汤	Protein (g) 35.2 蛋白质(克)
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	Fat (g) 31 脂肪(克)
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	Carbohydrate (g) 112 碳水化合物(克)
Dessert of the day 每日点心				Butter Baguette 黄油烤法棍	Carrot cake 胡萝卜蛋糕	
Cooked Salad 熟食色拉				Potato Salad 土豆色拉	Fried Rice Noodles 炒河粉	
Y1-Y4 Daily drink (milk or yoghurt or soy milk are included in each set menu Y1-Y4 每日饮料(牛奶或酸奶或豆奶)包含在每份套餐里面)						



Nutritional reading weekly: Red Meat 12% Fish 2% Vegetables 36%
White Meat 8% Starch 32% Deep Fried 2%

菜单营养成分: 红肉 12% 鱼类 2% 蔬菜 36%
白肉 8% 淀粉类 32% 油炸 2%