

YCIS Shanghai vegetarian Set Menu 上海耀中素食套餐菜单

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 Menu 套餐	Zucchini and Egg Cake	Baked Tomato with Cheese	Baked Soybean in Tomato Sauce	Vegetarin Lasagna	Fried Rice with Chickpea	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 420.2 能量(千卡) Protein (g) 15.4 蛋白质 (克) Fat (g) 15.4 脂肪 (克) Carbohydrate (g) 55 碳水化合物 (克)
	Roast Potato with Cheese and Butter	Curry Mixed Potato (Green bean、Potato、)	Omelette	Chickpea Cake	Scrambled Egg with Tomato	
	西葫芦鸡蛋饼 (鸡蛋1颗)	罗勒红腰豆意面 (红腰豆20g)	茄汁焗豆 (黄豆干20g)	素干层面 (芝士20g)	咖喱鹰嘴豆炒饭 (鹰嘴豆干20g)	
	芝士黄油土豆 (芝士一片20g)	咖喱土豆 (青豆20g土豆40g)	西式乳酪鸡蛋饼 (鸡蛋1颗)	鹰嘴豆饼蘸黄瓜酸奶酱 (鹰嘴豆干30g)	番茄炒蛋 (鸡蛋1颗)	
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	
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	
菜单会因不可抗力因素临时进行微调, 实际出品当天为准(The Menu will be temporarily adjusted due to irresistible factors, please check daily menu in wechat mini program for reference)						



Nutritional reading weekly: Red Meat 0% Fish 0% Vegetables 80%
White Meat 0% Starch 30% Deep Fried 0%

菜单营养成分: 红肉 0% 鱼类 0% 蔬菜 80%
白肉 0% 淀粉类 30% 油炸 0%

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套餐	2022/10/3	2022/10/4	2022/10/5	2022/10/6	2022/10/7				
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	Mixed Vegetable with Tofu Broccoli and Cheese Pasta 杂菜炒豆腐 (豆腐45g) 西蓝花芝士意面 (芝士一片20g)	Curry Lentil with Vegetables Egg and Potato Cake 咖喱连度豆蔬菜 (连度豆20g) 土豆鸡蛋饼 (鸡蛋一颗50g)	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 423 能量(千卡) Protein (g) 16 蛋白质(克) Fat (g) 脂肪(克) Carbohydrate (g) 56 碳水化合物(克)			
Soup of the day 每日例汤				Minestrone Soup 意大利蔬菜汤	White Gourd Soup 冬瓜汤				
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 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				
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