

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	Weekly Nutritional Reading 一周营养分析 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) 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)
套餐	2022/11/21	2022/11/22	2022/11/23	Thanks Giving Day	2022/11/25	
Set A	Beef Stew with Radish	Sweet and Sour Fish	Fried Squid and Shrimp with Celery	Chicken with Three Cups Sauce	Noodles Soup Stewed Meatballs in Brown Sauce	
Chinese Style	Sautéed Shredded Duck in Sweet Bean Sauce	Grilled Pork Dumplings	Roast Beijing Duck Breast	Sautéed Fish with Sour Sauce	Shredded Chicken with Preserved Vegetable	
套餐A	萝卜炖牛腩(白)	糖醋鱼	西芹海鲜(鱿鱼+虾)	三杯鸡	红烧肉丸面	
中式套餐	京酱鸭丝	铁板煎饺	北京烤鸭	醋溜鱼片	鸡丝咸菜笋丝	
感恩节						
Set B	Chicken Nuggets	New: Duck Magret with Blueberry Sauce	Beef Moussaka	Roast Turkey	Curry Fish Balls	
Western Style	Pork Burrito	Hawaii Pizza	Pork Schnitzel	Roast Potato with Bacon	Chicken Cacciatore	
套餐B	炸鸡块	新: 法式鸭胸配蓝莓酱	牛肉木莎卡	烤火鸡	咖喱鱼丸	
西式套餐	猪肉卷	夏威夷披萨	德式猪排	培根烤土豆	意式烩鸡	
Soup of the day 每日例汤	White Gourd Soup 冬瓜汤	Borsch Soup 罗宋汤	White Gourd Soup 萝卜汤	Miso Soup 味噌汤	Tomato Soup 番茄汤	
Vegetable of the day 每日蔬菜	Sautéed Hangzhou Cabbage 清炒杭白菜	Sautéed Leaf Lettuce with Black Mushrooms 扒香菇油菜	Boiled Cauliflower and Broccoli 白灼双花菜	Sautéed Celery with Dried Tofu Slices 芹菜炒香干	Fried Vegetables in Shanghai Style 上海炒素	
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	Butter Cake 黄油蛋糕	Pumpkin Cake 南瓜饼	Lemon cake 柠檬蛋糕	Cookies 曲奇饼干	Swiss Roll 果酱瑞士卷(无奶油)	
Cooked Salad 熟食色拉	Couscous Salad 彩椒中东米色拉	Dried Tofu with Green Soy Bean 毛豆炒素鸡	Roast Pumpkin 烤南瓜	Mixed Vegetable Salad 杂菜(蔬菜)色拉	Roast Potato with butter 黄油烤土豆	
菜单会因不可抗因素临时进行微调, 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 14% Fish 5% Vegetables 36%
White Meat 8% Starch 34% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 5% 蔬菜 36%
白肉 8% 淀粉类 34% 油炸 0%