

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	2022/11/28	2022/11/29	2022/11/30	2022/12/1	2022/12/2	
Set A	Beef Stew with Potato	New: Braised Fish, Fishermen's Style	Sautéed Sliced Fish in Rice Wine Sauce	Pork and Black Pepper	Noodles Soup with Pork Chop in Soy Sauce	
Chinese Style	Curry Chicken	Mapo Tofu (Sautéed Tofu in Hot and Spicy Sauce)	Kung Pao Duck	Fried Sliced Chicken with Black Fungus	Gilled Egg	
套餐A	番茄土豆炖牛肉	新: 避风塘龙利鱼	糟溜鱼片	黑椒猪肉	红烧大排面	
中式套餐	咖喱鸡	麻婆豆腐(猪肉)	宫爆鸭丁	木耳炒鸡肉片	煎荷包蛋	
Set B	Roasted Pork Neck with Poach Onion & Gravy	Smoked Duck Rolls with Honey Sauce	Beef Meat Balls in Tomato Sauce with Purple Cabbage	Bake Fish with Green Sauce	Chicken Burger	
Western Style	Spaghetti Boglonese	Mushroom & Bacon	Baked Mashed Potato with Tuan and Cheese	Duck Pizza	French Fries	
套餐B	烤猪颈肉	蜜汁烟熏鸭肉卷	茄汁牛肉丸配紫甘蓝	烤鱼配青酱	滋滋脆鸡堡	
西式套餐	肉酱意大利面	白汁蘑菇培根	芝士焗金枪鱼土豆泥	乳木果香鸭肉披萨	薯条	
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 香梨	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	Marble cake 大理石蛋糕	
Cooked Salad 熟食色拉	Sautéed Bean Sprouts with Vinegar Sauce 醋溜豆芽	Curry Chickpea 咖喱鹰嘴豆	Dried Tofu 五香豆干	Scrambled Egg with Tomato 番茄炒蛋	Corn 甜玉米粒	



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%