

YCIS Shanghai ECE Regency Park Campus Set Menu 上海耀中浦东御翠园幼教部套餐菜单

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	2022/11/21 (Chinese Style)	2022/11/22 (Western Style)	2022/11/23 (Chinese Style)	Thanks Giving Day	2022/11/25 (Chinese Style)	
Set Menu	Beef Stew with Radish	New: Duck Magret with Blueberry Sauce	Fried Squid and Shrimp with Celery	Roast Turkey	Stewed Pork Ball in Brown Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 708.9 能量(千卡) Protein (g) 26.5 蛋白质(克) Fat (g) 26.1 脂肪(克) Carbohydrate (g) 92 碳水化合物(克)
	Chicken with Three Cups Sauce	Hawaii Pizza	Sautéed Sliced Chicken, Eggs and Black Fungus	Roast Potato with Bacon	Sautéed Fish with Sour Sauce	
套餐	萝卜炖牛腩(白)	新: 法式鸭胸配蓝莓酱	西芹海鲜(鱿鱼+虾)	烤火鸡	红烧狮子头	
	三杯鸡	夏威夷披萨	木须鸡(鸡肉+木耳+鸡蛋)	培根烤土豆	醋溜鱼片	
Vegetable of the day 每日蔬菜	Sautéed Hangzhou Cabbage 清炒杭白菜	Sautéed Leaf Lettuce with Black Mushrooms 扒香菇油麦菜	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	
Cooked Salad 熟食色拉	Couscous Salad 彩椒中东米色拉	Soy bean in Tomato Sauce 茄汁黄豆	Roast Pumpkin 烤南瓜	Mixed Vegetable Salad 杂菜(蔬菜)色拉	Roast Potato with butter 黄油烤土豆	
Fruit of the day 每日水果	Pear 梨	Orange 蜜橘	Apple 苹果	Banana 香蕉	Cherry Tomato 干禧小番茄	
Morning Snack 早点心	Dumplings 水饺	Milk Steamed Bread 奶香馒头	Turnip Pie 萝卜丝饼	Smashed Bean Bun 豆沙包	Pork and Zucchini Bun 西葫芦肉包	
Afternoon Snack 午点心	Jam Sandwich 果酱三明治	Sponge cake 海绵蛋糕	Donut 甜甜圈	Banana Cake 香蕉蛋糕	Carrot Cake 胡萝卜蛋糕	
Drink of the day 每日饮料	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	
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 6% Vegetables 36%
White Meat 6% Starch 38% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 6% 蔬菜 36%
白肉 6% 淀粉类 38% 油炸 0%