

## 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	2022/11/28 (Chinese Style)	2022/11/29 (Western Style)	2022/11/30 (Chinese Style)	2022/12/1 (Western Style)	2022/12/2 (Chinese Style)	
Set Menu 套餐	Beef Stew with Potato	Roasted Pork Neck with Poach Onion & Gravy	New: Braised Fish, Fishermen's Style	Chicken Burger	Shanghai Duck Breast in Brown Sauce	<b>Weekly Nutritional Reading 一周营养分析</b>  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)
	Curry Chicken	Spaghetti Bolognese	Stir-fried Pork Slices with Mushroom	French Fries	Sweet and Sour Fish	
	番茄土豆炖牛肉	烤猪颈肉	新: 避风塘龙利鱼	滋滋脆鸡堡	上海酱鸭	
	咖喱鸡	肉酱意大利面	菌菇炒肉片	薯条	咕咾鱼	
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	
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	Sliced Kelp 海带丝	Corn 甜玉米粒	
Fruit of the day 每日水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	
Morning Snack 早点心	Spring roll 春卷	Steamed Sponge Cake 手工红糖发糕	Custard Bun 奶黄包	Pork Bun 手工肉包	Pan-Fried Sweet Potato Pancake 手工红薯酥	
Afternoon Snack 午点心	Cheese Sandwich 芝士三明治	Marble cake 大理石蛋糕	Soda Biscuit 苏打饼干	Banana Cake 香蕉蛋糕	Butter Baguette 黄油烤法棍	
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	



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%