

## YCIS Shanghai Primary Regency Park Campus Set Menu 上海耀中浦东御翠园小学部套餐菜单

Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	
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	<b>Weekly Nutritional Reading</b> 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	
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	
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 千禧小番茄	
Dessert of the day 每日点心	Butter Cake 黄油蛋糕	Chocolate Cake 巧克力蛋糕	Butter Cookies 黄油饼干	Garlic Bread 蒜香面包	Banana cake 香蕉蛋糕	
Y1-Y4 Daily drink (milk or yoghurt or soy milk are included in each set menu Y1-Y4 每日饮料(牛奶或酸奶或豆奶)包含在每份套餐里面)						
<b>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)</b>						



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%