

## 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 (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</b> 一周营养分析  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	咕啫鱼	
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	Pumpkin Cake 南瓜饼	Banana Cake 香蕉蛋糕	Butter Baguette 黄油烤法棍	Carrot cake 胡萝卜蛋糕	
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	Sliced Kelp 海带丝	Corn 甜玉米粒	
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)						



Nutritional reading weekly: **Red Meat 12%** (White Meat 8%) **Fish 10%** (Starch 32%) **Vegetables 37%** (Deep Fried 2%)

菜单营养成分: **红肉 12%** (白肉 8%) **鱼类 10%** (淀粉类 32%) **蔬菜 37%** (油炸 2%)