

YCIS vegetarian Set Menu 上海耀中素食套餐菜单

Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五			
套餐	2022/11/21	2022/11/22	2022/11/23	2022/11/24	2022/11/25			
Set Menu 套餐	Mushroom and Egg Cake	Sweet Potato with Black Pepper and Salt	Crispy tofu balls	Kidney bean with cauliflower in Tomato Sauce	Fried Rice with Lentils	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 431.7 能量(千卡) Protein (g) 14.8 蛋白质(克) Fat (g) 脂肪(克) 16.5 Carbohydrate (g) 碳水化合物(克) 56		
	Roast Potato with cheese and butter	Vegetable Rolls	Fried Rice Noodles with Egg	Broccoli and Cheese Pasta	Scrambled Egg with Tomato			
	蘑菇鸡蛋饼 (鸡蛋一颗50g)	椒盐红薯条 (红薯100g)	脆皮咖喱丸子 (豆腐60g)	茄汁红腰豆花菜 (红腰豆干15g)	连度豆炒饭 (连度豆干20g)			
	芝士黄油土豆 (芝士一片20g)	墨西哥蔬菜卷(鹰嘴豆30g)	鸡蛋河粉 (鸡蛋一颗50g)	西蓝花芝士意面 (芝士一片20g)	番茄炒蛋 (鸡蛋1颗)			
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			
Daily drink (milk or yoghurt or soy milk are included in each set menu 每日饮料(牛奶或酸奶或豆奶)包含在每份套餐里面)								
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 0% Fish 0% Vegetables 80%
White Meat 0% Starch 30% Deep Fried 0%

菜单营养成分: 红肉 0% 鱼类 0% 蔬菜 80%
白肉 0% 淀粉类 30% 油炸 0%