

YCIS Shanghai Primary&Secondary Century Park Campus Set Menu 上海耀中浦东世纪公园校区套餐菜单

Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	
套餐	2022/12/5	2022/12/6	2022/12/7	2022/12/8	2022/12/9	
Set A	Curry Chicken	Sliced Fish in Hot Chili Oil	Beef Stew with Tomato	Stewed Pork Cubes	Noodles Soup with Chicken Leg in Soy Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 1103 能量(千卡) Protein (g) 45 蛋白质(克) Fat (g) 39 脂肪(克) Carbohydrate (g) 143 碳水化合物(克) Daily drink (milk or yogurt or soybean 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
Chinese Style	Steamed Eggs with Seafood	Yu-Shiang Shredded Pork (Sautéed with Spicy Garlic Sauce)	Duck wing in Maggie Sauce	Sautéed Sliced Chicken in Egg White	Pickled Cucumbers with Green Soy Bean and Shredded Pork	
套餐A	咖喱鸡肉	水煮鱼	番茄炖牛腩	红烧肉	红烧鸡腿面	
中式套餐	海鲜蒸蛋(鱼+虾仁+鱿鱼)	鱼香肉丝	美极鸭翅	芙蓉鸡片	酱瓜肉丝炒毛豆	
Set B	Pork Sausage	New: Clubhouse Sandwich	KFC Chicken with BBQ Sauce	Roast Fish	Nachos with Meat Sauce	
Western Style	Spaghetti Bolognese	Roast Vegetables with Bacon	Mashed Potato with Tuna	Mushroom & Ham Pasta with Bechamel	Duck Leg Confit	
套餐B	猪肉香肠	新: 俱乐部三明治	炸鸡配烧烤酱	日式豆豉烤鱼	墨西哥肉酱玉米片	
西式套餐	肉酱意大利面	培根烤蔬菜	金枪鱼土豆泥	白汁蘑菇火腿意面	法式香酥鸭腿	
Daily Soup 每日例汤	Onion Soup 洋葱汤	New: Tofu and Kelp Soup 新: 豆腐海带汤	Winter Melon Soup 冬瓜汤	Miso Soup 味噌汤	Mushroom Soup 菌菇汤	
Daily Vegetable 每日蔬菜	Sautéed Hangzhou Cabbage 清炒杭白菜	Chinese Kale with Black Fungus 木耳炒菜苔	Boiled Cauliflower and Broccoli 白灼双花菜	Fried Qingcai with Mushroom 菌菇炒青菜	Boiled Lettuce 白灼生菜	
Daily Fruit 每日水果	Pear 梨	Orange 砂糖橘	Apple 苹果	Banana 香蕉	Cherry Tomato 千禧小番茄	
Daily Dessert 每日点心	Sponge Cake 海绵蛋糕	Marble Cake 大理石蛋糕	Butter cake 黄油蛋糕	Carrot cake 胡萝卜蛋糕	Brownie 布朗尼	
Cooked Salad 熟食色拉	Taro with Scallion Oil 葱油芋艿	Soybean in Tomato Sauce 茄汁黄豆	Wheat Gluten with Black Fungus 四喜烤麸	Curry Chickpea 咖喱鹰嘴豆	Corn 奶香玉米棒	

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 13% Fish 5% Vegetables 35%
White Meat 17% Starch 35% Deep Fried 0%

菜单营养成分: 红肉 13% 鱼类 5% 蔬菜 35%
白肉 17% 淀粉类 35% 油炸 0%