

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	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五		
套餐	2022/12/5 (Chinese Style)	2022/12/6 (Western Style)	2022/12/7 (Chinese Style)	2022/12/8 (Western Style)	2022/12/9 (Chinese Style)	Weekly Nutritional Reading 一周营养分析	
Set Menu 套餐	Duck in Brown Sauce	New: Grilled Pork Chop with Cream Mustard Sauce	Beef Stew with Tomato	Grilled Fish	Sweet and Sour Boneless Chicken Leg		Energy(Kcal) 能量(千卡) Protein (g) 蛋白质(克) Fat (g) 脂肪(克) Carbohydrate (g) 碳水化合物(克)
	Steamed Eggs with Seafood	Roast Vegetables with Bacon	Sautéed Sliced Chicken in Egg	Mushroom & Ham Pasta	Grilled Pork Dumplings	587	
	上海酱鸭	新: 香煎猪排配奶油芥末酱	番茄炖牛腩	莼萝煎鱼	酸甜去骨鸡腿肉	25	
	海鲜蒸蛋 (鱼+虾仁+鱿鱼)	培根烤蔬菜	芙蓉鸡片	蘑菇火腿意面	铁板煎饺	19	
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	79	
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		
Fruit of the day 每日水果	Pear 梨	Orange 砂糖橘	Apple 苹果	Banana 香蕉	Cherry Tomato 干禧小番茄		
Morning Snack 早点心	Spring roll 春卷	Pork Dumplings 猪肉水饺	Milk Steamed Bread 奶香馒头	Mashed Bean Bun 豆沙包	Millet Cake 小黄米糕		
Afternoon Snack 午点心	Jam Sandwich 果酱三明治	Butter cake 黄油蛋糕	Marble Cake 大理石蛋糕	Carrot cake 胡萝卜蛋糕	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		
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 5% Fish 10% Vegetables 40%
White Meat 5% Starch 40% Deep Fried 0%

菜单营养成分: 红肉 5% 鱼类 10% 蔬菜 40%
白肉 5% 淀粉类 40% 油炸 0%