

## 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	2022/12/5 (Chinese Style)	2022/12/6 (Western Style)	2022/12/7 (Chinese Style)	2022/12/8 (Western Style)	2022/12/9 (Chinese Style)	
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	<b>Weekly Nutritional Reading</b> 一周营养分析  <b>Energy(Kcal)</b> 644.4  <b>能量(千卡)</b>  <b>Protein (g)</b> 25  <b>蛋白质(克)</b>  <b>Fat (g)</b> 23.6  <b>脂肪(克)</b>  <b>Carbohydrate (g)</b> 83  <b>碳水化合物(克)</b>
	Steamed Eggs with Seafood	Roast Vegetables with Bacon	Sautéed Sliced Chicken in Egg	Mushroom & Ham Pasta	Grilled Pork Dumplings	
	上海酱鸭	新: 香煎猪排配奶油芥末酱	番茄炖牛腩	莳萝煎鱼	酸甜去骨鸡腿肉	
	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	
Daily Soup 每日例汤	Onion Soup 洋葱汤	New: Tofu and Kelp Soup 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	Butter Baguette 黄油烤法棍	Carrot Cake 胡萝卜蛋糕	
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	
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>菜单会因不可抗力因素临时进行微调整, 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 5% Fish 10% Vegetables 40%  
White Meat 5% Starch 40% Deep Fried 2%

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%