

YCIS Shanghai vegetarian Set Menu 上海耀中素食套餐菜单

Station	Monday 周一 2022/12/5	Tuesday 周二 2022/12/6	Wednesday 周三 2022/12/7	Thursday 周四 2022/12/8	Friday 周五 2022/12/9	
套餐						
Set Menu 套餐	Mixed Vegetables with Tofu	Curry Lentil with Vegetables	Baked Soybean in Tomato Sauce	Scrambled Egg with Tomato	Cauliflower with Kidney bean	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 423 能量(千卡) Protein (g) 16 蛋白质(克) Fat (g) 脂肪(克) 15 Carbohydrate (g) 碳水化合物(克) 56
	Broccoli and Cheese Pasta	Egg and Potato Cake	Omelette	Hummus with Cheese Bread	Mushroom and Egg Cake	
	杂菜炒豆腐 (豆腐45g)	咖喱连度豆蔬菜 (连度豆20g)	茄汁焗豆 (黄豆干20g)	番茄炒蛋 (鸡蛋1颗)	红腰豆配奶油花菜 (红腰豆干15g)	
	西蓝花芝士意面 (芝士一片20g)	土豆鸡蛋饼 (鸡蛋一颗50g)	西式乳酪鸡蛋饼 (鸡蛋1颗)	鹰嘴豆泥 (鹰嘴豆泥60g, 芝士5g)	蘑菇鸡蛋饼 (鸡蛋一颗50g)	
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	
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)						



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%