

## 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	Lantern Festival	
套餐	2023/1/30	2023/1/31	2023/2/1	2023/2/2	2023/2/3 (元宵节)	
Set A	Moo Shu Pork (Sautéed Sliced Pork, Eggs and Black Fungus)	Sweet and Sour Fish	Fried Squid and Shrimp with Celery	Duck Breast in Maggie Sauce	Noodles Soup with Stewed Pork Ball in Brown Sauce	<b>Weekly Nutritional Reading 一周营养分析</b>  Energy(Kcal) 1079.4  Protein (g) 45 蛋白质 (克)  Fat (g) 42.6 脂肪 (克)  Carbohydrate (g) 129 碳水化合物 (克)  Daily drink (milk or yoghurt or soy milk or bottle water are included in each set menu 每日饮料 (牛奶或酸奶或豆奶或矿泉水) 包含在每份套餐里面)
Chinese Style	Duck Breast in Soy Sauce	Grilled Pork Dumplings	Roast Beijing Duck Breast	Sautéed Fish with Sour Sauce	Scrambled Egg with Tomato	
套餐A	萝卜炖牛腩	糖醋鱼	西芹海鲜 (鱿鱼+虾)	美极鸭翅	红烧狮子头面	
中式套餐	木须肉 (肉片+木耳+鸡蛋)	铁板煎饺	北京烤鸭	醋溜鱼片	番茄炒蛋	
Set B	Chicken Nugets	Duck Magret	Hot dog	Grilled Chicken with Tomato and Basil	Curry Fish Balls	
Western Style	Mahed Potato with Tuna	Hawaii Pizza	French Fries	spaghetti bolognese	Chicken Cacciatore	
套餐B	鸡块	法式鸭胸	热狗	西红柿罗勒扒鸡胸	咖喱鱼丸	
西式套餐	金枪鱼土豆泥	夏威夷披萨	薯条	肉酱意大利面	意式烩鸡	
Soup of the day 每日例汤	Winter Melon Soup 冬瓜汤	Tomato Soup 番茄汤	White Gourd Soup 萝卜汤	Miso Soup 味噌汤	Glutinous Rice Balls 酒酿小圆子	
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	Vegetables with Wheat Gluten 菜心面筋煲	
Cooked Salad 熟食色拉	Shredded Dried Tofu 热拌云丝	Soy bean in Tomato Sauce 茄汁黄豆	Roast Pumpkin 烤南瓜	Roasted Potato 黄油烤土豆	Fried Rice Noodles 炒河粉	
Fruit of the day 每日水果	Pear 梨	Orange 砂糖橘	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	Carrot Cake 胡萝卜蛋糕	Garlic Bread 蒜香面包	Mashed Bean Bun 兔子包 (豆沙)	

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 14% Fish 5% Vegetables 36%  
White Meat 8% Starch 34% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 5% 蔬菜 36%  
白肉 8% 淀粉类 34% 油炸 0%