

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 (中餐)	Tuesday 周二 (西餐)	Wednesday 周三 (中餐)	Thursday 周四 (西餐)	Lantern Festival	
套餐	2023/1/30 (Chinese Style)	2023/1/31 (Western Style)	2023/2/1 (Chinese Style)	2023/2/2 (Western Style)	2023/2/3 (元宵节)	
Set Menu	Beef Stew with Radish	Duck Magret	Fried Squid and Shrimp with Celery	Grilled Chicken with Tomato and Basil	Stewed Pork Ball in Brown Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 661 能量(千卡) Protein (g) 24.5 蛋白质(克) Fat (g) 23 脂肪(克) Carbohydrate (g) 89 碳水化合物(克)
	Chicken with Three Cups Sauce	Hawaii Pizza	Sautéed Sliced Pork, Eggs and Black Fungus	spaghetti bolognese	Scrambled Egg with Tomato	
套餐	萝卜炖牛腩(白)	法式鸭胸	西芹海鲜(鱿鱼+虾)	西红柿罗勒扒鸡胸	红烧狮子头	
	三杯鸡	夏威夷披萨	木须肉(猪肉+木耳+鸡蛋)	肉酱意大利面	番茄炒蛋	
ECE Sliced fruit is delivered with afternoon snack. There are pears, Hamimelons, bananas, apples, oranges, and choose one of the above varieties every day. ECE的切片水果随下午点心一起配送, 可选择的水果为梨, 哈密瓜, 香蕉, 苹果, 柑橘类产品, 餐厅每天从中挑选一样供应。						
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	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	
Morning Snack 早点心	Dumplings 水饺	Milk Steamed Bread 奶香馒头	ShaoMai 烧麦	Smashed Bean Bun 豆沙包	Glutinous Rice Balls 小汤圆	
Afternoon Snack 午点心	Jam Sandwich 果酱三明治	Sponge cake 海绵蛋糕	Donut 甜甜圈	Banana Cake 香蕉蛋糕	Spring roll 春卷	
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 14% Fish 6% Vegetables 36%
White Meat 6% Starch 38% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 6% 蔬菜 36%
白肉 6% 淀粉类 38% 油炸 0%