

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 (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) 708.9 能量(千卡) Protein (g) 26.5 蛋白质(克) Fat (g) 26.1 脂肪(克) Carbohydrate (g) 92 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	
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	Borsch Soup 罗宋汤	
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	ShaoMai 烧麦	
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)						
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 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%**