

YCIS vegetarian Set Menu 上海耀中素食套餐菜单

Station	Monday 周一	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	Weekly Nutritional Reading 一周营养分析
套餐	2023/1/30	2023/1/31	2023/2/1	2023/2/2	2023/2/3	
Set Menu 套餐	Mushroom and Egg Cake	Sweet Potato with Black Pepper and Salt	Crispy Tofu Balls	Kidney Bean with Cauliflower in Tomato Sauce	Fried Rice with Lentils	Energy(Kcal) 431.7 Protein (g) 14.8 Fat (g) 16.5 Carbohydrate (g) 56 碳水化合物 (克) 56
	Roast Potato with Cheese and Butter	Vegetable Rolls	Fried Rice Noodles with Egg	Broccoli and Cheese Pasta	Scrambled Egg with Tomato	
	蘑菇鸡蛋饼 (鸡蛋一颗50g)	椒盐红薯条 (红薯100g)	脆皮咖喱丸子 (豆腐60g)	茄汁红腰豆花菜 (红腰豆干15g)	连度豆炒饭 (连度豆干20g)	
	芝士黄油土豆 (芝士一片20g)	墨西哥蔬菜卷(鹰嘴豆30g)	鸡蛋河粉 (鸡蛋一颗50g)	西蓝花芝士意面 (芝士一片20g)	番茄炒蛋 (鸡蛋1颗)	
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	
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, 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: **Grains 30%** Proteins 20% **Fruit 15%** **Fish 0%** **Vegetables 35%** **Deep Fried 0%**

菜单营养成分: **谷物 30%** **蛋白质 20%** **鱼类 0%** **水果 15%** **蔬菜 35%** **油炸 0%**