

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	Tuesday 周二	Wednesday 周三	Thursday 周四	Friday 周五	
套餐	2023/2/13 (Chinese Style)	2023/2/14 (Western Style)	2023/2/15 (Chinese Style)	2023/2/16 (Western Style)	2023/2/17 (Chinese Style)	
Set Menu 套餐	Duck Breast in Maggi Sauce	Grilled Tilapia with Butter and Lemon Sauce	Regency Park Campus Learning Conferences (No school for K2 - Y4) 御翠园校舍学业会议(K2-Y4年级学生不上课)	Grilled Pork Chop with Cream Mustard Sauce	Sweet and Sour Boneless Chicken Leg	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 644.4 能量(千卡) Protein (g) 25 蛋白质(克) Fat (g) 23.6 脂肪(克) Carbohydrate (g) 83 碳水化合物(克)
	Steamed Eggs with Seafood	Roast Vegetables with Bacon		Spaghetti Bolognese	Rice with Stewed Pork, Taiwan Style	
	美极鸭胸	新: 炭烤罗非鱼配黄油青柠汁		香煎猪排配奶油芥末酱	酸甜去骨鸡腿肉	
	海鲜蒸蛋	培根烤蔬菜		牛肉酱意大利面	台式卤肉饭	
Daily Soup 每日例汤	Onion Soup 洋葱汤	Miso Soup 味噌汤	Winter Melon Soup 冬瓜汤	Radish Soup 萝卜汤		
Daily Vegetable 每日蔬菜	Sautéed Cabbage and Carrot 清炒胡萝卜杭白菜	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		
Daily Fruit 每日水果	Pear 梨	Orange 砂糖橘	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 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	Stir-Fried Noodles 什锦蔬菜炒面	Wheat Gluten with Black Fungus 四喜烤麸	Fried Corn and Cucumber 什锦玉米粒 (黄瓜+玉米粒)		
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 5% Fish 10% Vegetables 40%
White Meat 5% Starch 40% Deep Fried 2%

菜单营养成分: 红肉 5% 鱼类 10% 蔬菜 40%
白肉 5% 淀粉类 40% 油炸 0%