

## YCIS Shanghai 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	
套餐	2023/2/13	2023/2/14	2023/2/15	2023/2/16	2023/2/17	
Set Menu 套餐	Mixed Vegetables with Tofu	Curry Lentil with Vegetables		Scrambled Egg with Tomato	Cauliflower with Kidney bean	<b>Weekly Nutritional Reading</b> 一周营养分析  <b>Energy(Kcal)</b> 423  能量(千卡)  <b>Protein (g)</b> 16  蛋白质(克)  <b>Fat (g)</b>  脂肪(克)      15  <b>Carbohydrate (g)</b>  碳水化合物(克)      56
	Broccoli and Cheese Pasta	Egg and Potato Cake	Regency Park Campus Learning Conferences (No school for K2 - Y4)	Hummus with Cheese Bread	Mushroom and Egg Cake	
	杂菜炒豆腐 (豆腐45g)	咖喱连度豆蔬菜 (连度豆20g)	御翠园校舍学业会议(K2-Y4年级学生不上课)	番茄炒蛋 (鸡蛋1颗)	红腰豆配奶油花菜 (红腰豆干15g)	
	西蓝花芝士意面 (芝士一片20g)	土豆鸡蛋饼 (鸡蛋一颗50g)		鹰嘴豆泥 (鹰嘴豆泥60g, 芝士5g)	蘑菇鸡蛋饼 (鸡蛋一颗50g)	
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	Regency Park Campus Learning Conferences (No school for K2 - Y4)	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	御翠园校舍学业会议(K2-Y4年级学生不上课)	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)	
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)						
<b>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)</b>						



Nutritional reading weekly: Red Meat 0% Fish 0% Vegetables 80%  
White Meat 0% Starch 30% Deep Fried 0%

菜单营养成分: 红肉 0% 鱼类 0% 蔬菜 80%  
白肉 0% 淀粉类 30% 油炸 0%