

YCIS Shanghai Primary&Secondary Century Park Campus Set Menu 上海耀中浦东世纪公园校区套餐菜单

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 Energy(Kcal) 1157.8 Protein (g) 45 Fat (g) 44.2 Carbohydrate (g) 145 碳水化合物 (克)
套餐	2023/3/27	2023/3/28	2023/3/29	2023/3/30	2023/3/31	
Set A	Beef Stew with Potato and Onion	New: Honey-Stewed BBQ Pork	Sautéed Duck Breast	Braised Tofu with Shrimp	Noodles Soup with Diced Chicken with Bean Paste Sauce	
Chinese Style	Scrambled Eggs with Tomato	Curry Fish	Fried Rice Cake with Shredded Pork	Sautéed Sliced Chicken with Mushroom	Shredded Pork and Preserved Vegetable	
套餐A	江南文火炖牛肉 (牛肉 土豆 洋葱)	新: 蜜汁叉烧	仔姜鸭	虾仁焖豆腐	酱爆鸡丁面	
中式套餐	番茄炒蛋	咖喱鱼片	肉丝炒年糕	菌菇炒鸡肉片	雪菜肉丝	
Set B	Chicken Fricassee with Onion, Celery and White Mushroom	Duck Leg Confit	Beef Lasagna	Crispy fish fillet with Mayonnaise	Roast Pork	
Western Style	Baked Potato with Bacon and Cheese	Hawaii Pizza	Butter Chicken	Fried Rice with Sausage	Baked Tuna Pasta	
套餐B	炖鸡肉 (洋葱+西芹+白蘑菇)	油封鸭腿	牛肉干层面	香酥鱼排配蛋黄酱	巴西烤肉	
西式套餐	培根芝士焗土豆	夏威夷披萨	黄油鸡	西式香肠炒饭	金枪鱼焗意面	
Soup of the day 每日例汤	Winter Melon Soup 冬瓜汤	Borsch Soup 罗宋汤	Radish Soup 萝卜汤	Miso Soup 味噌汤	Mushroom Soup 菌菇汤	
Vegetable of the day 每日蔬菜	Sautéed Hangzhou Cabbage 清炒杭白菜	Sautéed Leaf Lettuce with Black Mushrooms 扒香菇油麦菜	Boiled Cauliflower and Broccoli 白灼双花菜	Sautéed Celery with Dried Tofu Slices 芹菜炒香干	Fried bean sprouts with sweet pepper 圆椒炒豆芽	
Fruit of the day 每日水果	Pear 梨	Orange 砂糖橘	Apple 苹果	Banana 香蕉	Cherry Tomato 干禧小番茄	
Dessert of the day 每日点心	Sponge Cake 海绵蛋糕	Soda Biscuit 苏打饼干	Butter cake 黄油蛋糕	Garlic Bread 蒜香面包	Chocolate Cake 巧克力蛋糕	
Cooked Salad 熟食色拉	Couscous Salad 彩椒中东米色拉	Dried Tofu with Green Soy Bean 毛豆炒素鸡	Roast Pumpkin 烤南瓜	Mixed Vegetable Salad (热) 混合蔬菜色拉	Curry Chickpea 咖喱鹰嘴豆	
菜单会因不可抗力因素临时进行微调, 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)						

Only Y5-Y6 Daily drink (milk or yoghurt or soy milk) are included in each set menu 仅5年级和6年级每日饮料(牛奶或酸奶或豆奶)包含在每份套餐里面



Nutritional reading weekly: Red Meat 10% Fish 7% Vegetables 35%
White Meat 11% Starch 32% Deep Fried 5%

菜单营养成分: 红肉 10% 鱼类 7% 蔬菜 35%
白肉 11% 淀粉类 32% 油炸 5%