

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) 904 能量(千卡) Protein (g) 38 蛋白质 (克) Fat (g) 32 脂肪 (克) Carbohydrate (g) 116 碳水化合物 (克) 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
套餐	2023/4/10	2023/4/11	2023/4/12	2023/4/13	2023/4/14	
Set A	Grilled Beef	Xinjiang Big Plate Chicken	Fish Fillet with Spiced Salt	Stewed Pork Cubes in Brown Sauce	Noodles Soup with Duck Leg in Soy Sauce	
Chinese Style	Moo Shu Pork (Sautéed Sliced Chicken, Eggs and Fungus)	Stir-Fried Rice Noodles with Pork and Bean Sprouts	Sautéed Shredded Pork in Sweet Bean Sauce	Chicken Rice, Hainan Style	Shredded Pork with Preserved Vegetable	
套餐A	铁板牛肉	新疆大盘鸡	椒盐鱼柳	红烧肉	红烧鸭腿面	
中式套餐	木须鸡肉	银牙肉丝炒河粉	京酱肉丝	海南鸡饭	咸菜毛豆肉丝	
Set B	Crispy Duck Breast	New: Salmon Pasta with Bacil Cream Sauce	Teriyaki chicken	Spaghetti Bolognese	Pork Piccata	
Western Style	Fried Rice Cake, Korean Style	Roast Pork with Rosemary	Bacon Pizza	Deep-Fried Fish	Vegetable Stew with Chicken	
套餐B	香酥鸭胸	新: 罗勒三文鱼意面	日式照烧鸡	肉酱意大利面 (牛肉)	意大利米兰猪排	
西式套餐	韩式炒年糕	迷迭香烤猪肉	培根披萨	英式炸鱼	鸡肉炖蔬菜	
Soup of the day 每日例汤	Onion Soup 洋葱汤	Minestrone Soup 意大利蔬菜汤	Winter Melon Soup 冬瓜汤	Miso Soup 味噌汤	Mushroom Soup 菌菇汤	
Vegetable of the day 每日蔬菜	Sautéed Vegetables with Fungus 黑木耳炒杭白菜	Stir-Fried Cabbage with Carrot 卷心菜炒胡萝卜丝	Boiled Cauliflower and Broccoli 白灼双花菜	Fried Qingcai with Mushroom 菌菇炒青菜	Boiled Lettuce 白灼生菜	
Cooked Salad 熟食色拉	Shredded Dried Tofu 热拌云丝	Sliced Kelp 热拌海带丝	Wheat Gluten Black Fungus 四喜烤麸	Roast Sweet Potato 烤红薯条	Corn 玉米棒	
Fruit of the day 每日水果	Pear 梨	Orange 芦柑	Apple 苹果	Banana 香蕉	Cherry Tomato 千禧小番茄	
Dessert of the day 每日点心	Carrot cake 胡萝卜蛋糕	Butter Baguette 黄油烤法棍	Mashed Bean Bun 兔子豆沙包	Banana Cake 香蕉蛋糕	Marble cake 大理石蛋糕	
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)						



Nutritional reading weekly: **Red Meat 12%** White Meat 9% **Fish 6%** Starch 30% **Vegetables 38%** Deep Fried 4%

菜单营养成分: **红肉 12%** 白肉 9% **鱼类 6%** 淀粉类 30% **蔬菜 38%** 油炸 4%