

## YCIS Shanghai ECE Regency Park Campus Set Menu 上海耀中浦东御翠园幼教部套餐菜单

Station	Monday 周一 (中餐)	Tuesday 周二 (西餐)	Wednesday 周三 (中餐)	Thursday 周四 (西餐)	Friday 周五 (中餐)	Weekly Nutritional Reading 一周营养分析
套餐	2023/3/27 (Chinese Style)	2023/3/28 (Western Style)	2023/3/29 (Chinese Style)	2023/3/30 (Western Style)	2023/3/31 (Chinese Style)	
Set Menu 套餐	Beef Stew with Potato and Onion  Scrambled Eggs with Tomato  江南文火焗牛肉 (牛肉 土豆 洋葱)  番茄炒蛋	Duck Breast Confit  Hawaii Pizza  油封鸭胸肉  夏威夷披萨	New: Honey-Stewed BBQ Pork  新: 蜜汁叉烧  咖喱鱼片	Crispy fish fillet with Mayonnaise  Shepherd's Pie  香酥鱼排配蛋黄酱  牧羊人派	Chicken with Scallion Oil  Sweet and Sour Pork  葱油鸡  糖醋里脊	
<p><b>ECE Sliced fruit is delivered with afternoon snack. There are pears, Hamimelons, bananas, apples, oranges, and choose one of the above varieties every day.</b>                      ECE的切片水果随下午茶点心一起配送, 可选择的水果为梨, 哈密瓜, 香蕉, 苹果, 柑橘类产品, 餐厅每天从中挑选一样供应。</p>						
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	
Cooked Salad 熟食色拉	Stir-Fried Rice Noodles 炒河粉	Dried Tofu with Green Soy Bean 毛豆炒素鸡	Roast Pumpkin 烤南瓜	Mixed Vegetable Salad 杂菜(蔬菜)色拉	Curry Chickpea 咖喱鹰嘴豆	
Fruit of the day 每日水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	Fruit Cut 切片水果	
Morning Snack 早点心	Dumplings 水饺	ShaoMai 烧麦	Huajuan with Scallion 葱油花卷	BBQ Pork Bun 叉烧包	Custard Bun 奶黄包	
Afternoon Snack 午点心	Jam Sandwich 果酱三明治	Sponge cake 海绵蛋糕	Donut 甜甜圈	Banana Cake 香蕉蛋糕	Butter Baguette 黄油烤法棍	
Drink of the day 每日饮料	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	
<p><b>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)</b></p>						



Nutritional reading weekly: Red Meat 8% Fish 6% Vegetables 40%  
White Meat 6% Starch 38% Deep Fried 2%

菜单营养成分: 红肉 8% 鱼类 6% 蔬菜 40%  
白肉 6% 淀粉类 38% 油炸 2%