

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	
套餐	2023/4/10 (Chinese Style)	2023/4/11 (Western Style)	2023/4/12 (Chinese Style)	2023/4/13 (Western Style)	2023/4/14 (Chinese Style)	
Set Menu 套餐	Grilled Beef	New: Salmon Pasta with Bacil Cream Sauce	Xinjiang Big Plate Chicken	Pork Piccata	Sautéed Duck with Ginger Shoots	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 689 能量(千卡) Protein (g) 25 蛋白质 (克) Fat (g) 29 脂肪 (克) Carbohydrate (g) 82 碳水化合物 (克)
	Moo Shu Chicken	Roast Pork with Rosemary	GuLao Fish	Mexico Beef Burritos	Sautéed Slice Pork with Lettuce	
	铁板牛肉	新: 罗勒三文鱼意面	新疆大盘鸡	意大利米兰猪排	仔姜鸭	
	木须鸡肉	迷迭香烤猪肉	咕咾鱼	墨西哥牛肉卷	莴笋炒肉片	
ECE Sliced fruit is delivered with afternoon snack. There are pears, Hamimelons, bananas, apples, oranges, and choose one of the above varieties every day. 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。						
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	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	Spring roll 春卷	Milk Steamed Bread 奶香馒头	Custard Bun 奶黄包	Pork Dumplings 猪肉水饺	Mashed Bean Bun 兔子豆沙包	
Afternoon Snack 午点心	Cheese Sandwich 芝士三明治	Marble cake 大理石蛋糕	Butter Baguette 黄油烤法棍	Carrot cake 胡萝卜蛋糕	Donut 甜甜圈	
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	
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)						



Nutritional reading weekly: Red Meat 12% Fish 4% Vegetables 38%
White Meat 8% Starch 36% Deep Fried 2%

菜单营养成分: 红肉 12% 鱼类 4% 蔬菜 38%
白肉 8% 淀粉类 36% 油炸 2%