

## YCIS Shanghai Primary Regency Park Campus Set Menu 上海耀中浦东御翠园小学部套餐菜单

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)	
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	Duck Breast Confit	New: Honey-Stewed BBQ Pork	Crispy fish fillet with Mayonnaise	Chicken with Scallion Oil	<b>Weekly Nutritional Reading</b> 一周营养分析  <b>Energy(Kcal)</b> 673.4  <b>能量(千卡)</b>  <b>Protein (g)</b> 27.1  <b>蛋白质(克)</b>  <b>Fat (g)</b> 25  <b>脂肪(克)</b>  <b>Carbohydrate (g)</b> 85  <b>碳水化合物(克)</b>
	Scrambled Eggs with Tomato	Hawaii Pizza	Curry Fish	Shepherd's Pie	Sweet and Sour Pork	
	江南文火炆牛肉 (牛肉 土豆 洋葱)	油封鸭胸肉	新: 蜜汁叉烧	香酥鱼排配蛋黄酱	葱油鸡	
番茄炒蛋	夏威夷披萨	咖喱鱼片	牧羊人派	糖醋里脊		
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 千禧小番茄	
Dessert of the day 每日点心	Sponge cake 海绵蛋糕	Donut 甜甜圈	Banana Cake 香蕉蛋糕	Butter Baguette 黄油烤法棍	Carrot Cake 胡萝卜蛋糕	
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	
Y1-Y4 Daily drink (milk or yoghurt or soy milk are included in each set menu Y1-Y4 每日饮料(牛奶或酸奶或豆奶)包含在每份套餐里面)						
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)						



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%