

YCIS vegetarian Set Menu 上海耀中素食套餐菜单

| 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 |
|---|---|--|--|--|--------------------------------------|---|
| 套餐 | 2023/3/13 | 2023/3/14 | 2023/3/15 | 2023/3/16 | 2023/3/17 | |
| Set Menu 套餐 | Mushroom and Egg Cake | Sweet Potato with Black Pepper and Salt | Crispy Tofu Balls | Kidney Bean with Cauliflower in Tomato Sauce | Baked Soybean in Tomato Sauce | Energy(Kcal) 431.7 能量(千卡) Protein (g) 14.8 蛋白质(克) Fat (g) 脂肪(克) 16.5 Carbohydrate (g) 56 碳水化合物(克) 56 |
| | Roast Potato with Cheese and Butter | Vegetable Rolls | Fried Rice Noodles with Egg | Broccoli and Cheese Pasta | Omelette | |
| | 蘑菇鸡蛋饼 (鸡蛋一颗50g) | 椒盐红薯条 (红薯100g) | 脆皮咖喱丸子 (豆腐60g) | 茄汁红腰豆花菜 (红腰豆干15g) | 茄汁焗豆 (黄豆干20g) | |
| | 芝士黄油土豆 (芝士一片20g) | 墨西哥蔬菜卷(鹰嘴豆30g) | 鸡蛋河粉 (鸡蛋一颗50g) | 西兰花芝士意面 (芝士一片20g) | 西式乳酪鸡蛋饼 (鸡蛋1颗) | |
| Soup of the day 每日例汤 | Tomato Soup 番茄汤 | Miso Soup 味噌汤 | Mushroom Soup 菌菇汤 | Borsch Soup 罗宋汤 | Radish Soup 萝卜汤 | |
| 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 | Baby Cabbage 上汤娃娃菜 | Fried Qingcai with Mushroom 菌菇炒青菜 | |
| Fruit of the day 每日水果 | Pear 香梨 | 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 | Pumpkin Cake 南瓜饼 | 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 | Sautéed Bean Sprouts with Vinegar Sauce 醋溜豆芽 | Curry Chickpea 咖喱鹰嘴豆 | Dried Tofu 五香豆干 | Sliced Kelp 海带丝 | Corn 玉米棒 | |
| 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) | | | | | | |

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: Grains 30% Proteins 20% Fish 0% Fruit 15% Vegetables 35% Deep Fried 0%

菜单营养成分: 谷物 30% 蛋白质 20% 鱼类 0% 水果 15% 蔬菜 35% 油炸 0%