

YCIS Shanghai 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	
套餐	2023/3/27	2023/3/28	2023/3/29	2023/3/30	2023/3/31	
Set Menu 套餐	Zucchini and Egg Cake	Baked Tomato with Cheese	Baked Soybean in Tomato Sauce	Vegetarian Lasagna	Cauliflower with Kidney bean	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 420.2 能量(千卡) Protein (g) 15.4 蛋白质(克) Fat (g) 15.4 脂肪(克) Carbohydrate (g) 55 碳水化合物(克)
	Roast Potato with Cheese and Butter	Scrambled Egg with Tomato	Omelette	Chickpea Cake	Mushroom and Egg Cake	
	西葫芦鸡蛋饼 (鸡蛋1颗)	罗勒红腰豆意面 (红腰豆20g)	茄汁焗豆 (黄豆干20g)	素干层面 (芝士20g)	红腰豆配奶油油菜花 (红腰豆干15g)	
	芝士黄油土豆 (芝士一片20g)	番茄炒蛋 (鸡蛋1颗)	西式乳酪鸡蛋饼 (鸡蛋1颗)	鹰嘴豆饼蘸黄瓜酸奶酱 (鹰嘴豆干30g)	蘑菇鸡蛋饼 (鸡蛋一颗50g)	
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	
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%