

## 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	2023/4/10	2023/4/11	2023/4/12	2023/4/13	2023/4/14	
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	<b>Energy(Kcal)</b> 431.7  <b>能量(千卡)</b>  <b>Protein (g)</b> 14.8  <b>蛋白质(克)</b>  <b>Fat (g)</b>  <b>脂肪(克)</b> 16.5  <b>Carbohydrate (g)</b>  <b>碳水化合物(克)</b> 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	Onion Soup 洋葱汤	Minestrone Soup 意大利蔬菜汤	Winter Melon Soup 冬瓜汤	Miso Soup 味噌汤	Mushroom Soup 菌菇汤	
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	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	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	Carrot cake 胡萝卜蛋糕	Butter Baguette 黄油烤法棍	Mashed Bean Bun 兔子豆沙包	Banana Cake 香蕉蛋糕	Marble cake 大理石蛋糕	
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%