

YCIS Shanghai Primary&Secondary Century Park Campus Set Menu 上海耀中浦东世纪公园校区套餐菜单

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 Energy(Kcal) 1079.4 能量(千卡) Protein (g) 45 蛋白质(克) Fat (g) 42.6 脂肪(克) Carbohydrate (g) 129 碳水化合物(克) 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
套餐	2023/4/17	2023/4/18	2023/4/19	2023/4/20	2023/4/21	
Set A	Beef Stew with Radish	Gulao Fish	Chicken with Three Cups Sauce	Duck Breast in Maggi Sauce	Noodles with Chili Soy Bean Paste, Shanghai Style	
Chinese Style	Sautéed Sliced Pork with Black Fungus	Sweet and Sour Pork	Steamed Egg with Minced Pork	Sautéed Fish with Sour Sauce	Scrambled Egg with Tomato	
套餐A	萝卜炖牛腩	咕咾鱼	三杯鸡	美极鸭翅	八宝辣酱面	
中式套餐	木耳肉片	糖醋排条	肉糜蒸蛋	醋溜鱼片	番茄炒蛋	
Spanish Food Promotion						
Set B	Chicken Nugets	Duck Magret	Pork Sandwich	Grilled Chicken with Tomato and Basil	Meat Balls with Vegetables	
Western Style	Roast Potato with Tuna	Hawaii Pizza	Fried Calamari	Mexico Beef Burritos	Spanish Rice	
套餐B	鸡块	法式鸭胸	越式烤猪肉法棍三明治	西红柿罗勒扒鸡胸	西班牙蔬菜肉丸	
西式套餐	金枪鱼烤土豆	夏威夷披萨	鱿鱼圈	墨西哥牛肉卷	西班牙海鲜饭	
Soup of the day 每日例汤	Winter Melon Soup 冬瓜汤	Tomato Soup 番茄汤	Mushroom Soup 菌菇汤	Miso Soup 味噌汤	Vegetables Cream Soup 西班牙奶油蔬菜汤	
Vegetable of the day 每日蔬菜	Sautéed Hangzhou Cabbage 清炒杭白菜	Sautéed Leaf Lettuce with Black Mushrooms 扒香菇油菜	Boiled Cauliflower and Broccoli 白灼双花菜	Sautéed Celery with Dried Tofu Slices 芹菜炒香干	Grilled Mix Vegetables 煎混合蔬菜	
Cooked Salad 熟食色拉	Dried Tofu in Soy Sauce 红烧素鸡	Soy bean in Tomato Sauce 茄汁黄豆	Roast Pumpkin 烤南瓜	Butter Potato 黄油烤土豆	Curry Chickpea 咖喱鹰嘴豆	
Fruit of the day 每日水果	Apple 苹果	Orange 沃柑	Apple 苹果	Banana 香蕉	Cherry Tomato 千禧小番茄	
Dessert of the day 每日点心	Butter Cake 黄油蛋糕	Chocolate Cake 巧克力蛋糕	Carrot Cake 胡萝卜蛋糕	Garlic Bread 蒜香面包	Spanish Cheese Cake 西班牙芝士蛋糕	

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 14% Fish 5% Vegetables 36%
White Meat 8% Starch 34% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 5% 蔬菜 36%
白肉 8% 淀粉类 34% 油炸 0%