

## 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	2023/4/17 (Chinese Style)	2023/4/18 (Western Style)	2023/4/19 (Chinese Style)	2023/4/20 (Western Style)	2023/4/21 (Chinese Style)	
Set Menu	Pork Stew with Radish	Duck Magret	Sweet and Sour Fish	Grilled Chicken with Tomato and Basil	Sautéed Beef Fillet with Bell Peppers	
套餐	猪肉炖白萝卜	法式鸭胸	糖醋鱼	西红柿罗勒扒鸡胸	彩椒牛柳	
	三杯鸡	夏威夷披萨	新: 荷香糯米蒸排骨	肉酱意大利面	上海酱鸭	
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	Radish soup 萝卜汤	
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	Vegetables with Wheat Gluten 菜心炒面筋	
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	Donut 甜甜圈	
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)						
<b>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)</b>						



Nutritional reading weekly: Red Meat 14% Fish 6% Vegetables 36%  
White Meat 6% Starch 38% Deep Fried 0%

菜单营养成分: 红肉 14% 鱼类 6% 蔬菜 36%  
白肉 6% 淀粉类 38% 油炸 0%