

## 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	2023/4/17	2023/4/18	2023/4/19	2023/4/20	2023/4/21	
Set Menu 套餐	Mixed Vegetables with Tofu	Curry Lentil with Vegetables	Crispy Tofu Balls	Scrambled Egg with Tomato	Cauliflower with Kidney bean	<b>Weekly Nutritional Reading</b> 一周营养分析  <b>Energy(Kcal)</b> 423  能量(千卡)  <b>Protein (g)</b> 16  蛋白质(克)  <b>Fat (g)</b>  脂肪(克)      15  <b>Carbohydrate (g)</b>  碳水化合物(克)      56
	Broccoli and Cheese Pasta	Egg and Potato Cake	Fried Rice Noodles with Egg	Hummus with Cheese Bread	Mushroom and Egg Cake	
	杂菜炒豆腐 (豆腐45g)	咖喱连度豆蔬菜 (连度豆20g)	脆皮豆腐丸子 (豆腐60g)	番茄炒蛋 (鸡蛋1颗)	红腰豆配奶油花菜 (红腰豆干15g)	
	西蓝花芝士意面 (芝士一片20g)	土豆鸡蛋饼 (鸡蛋一颗50g)	鸡蛋河粉 (鸡蛋一颗50g)	鹰嘴豆泥 (鹰嘴豆泥60g, 芝士5g)	蘑菇鸡蛋饼 (鸡蛋一颗50g)	
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 扒香菇油麦菜	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	
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)						
<b>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)</b>						



Nutritional reading weekly: Red Meat 0% Fish 0% Vegetables 80%  
White Meat 0% Starch 30% Deep Fried 0%

菜单营养成分: 红肉 0% 鱼类 0% 蔬菜 80%  
白肉 0% 淀粉类 30% 油炸 0%