

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 (中国苏系)	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	2023/5/22	2023/5/23	2023/5/24 (Jiangsu Cuisine)	2023/5/25	2023/5/26	
Set A	Braised Beef with Potatoes	Stir-Fried Sliced Fish with Seasonal Vegetable	Pork balls with Crab Sauce	Duck Wing in Maggi Sauce	Noodles with Chicken with Three Cups Sauce	
Chinese Style	Moo Shu Chicken	Stewed Pork Cubes and Fried Tofu	Fried Vermicelli with Chicken	Sliced Fish in Hot Chili Oil	Scrambled Egg with Tomato	
套餐A	牛肉炖土豆	时菜鱼片	蟹粉狮子头	美极鸭翅	三杯鸡面	
中式套餐	木须鸡肉	油豆腐烧肉	干捞鸡肉粉丝	水煮鱼	番茄炒蛋	
Set B	Pan-Roasted Duck Breast	Curry Lamb	Roast Chicken with Lemon Sauce	Curry Pork	Grilled Fish with Thyme	
Western Style	Grilled Dumplings	Salami Pizza	Roast Potato with Tuna	Risotto	Spaghetti Bolognese	
套餐B	法式香煎鸭胸	新: 咖喱羊肉	烤鸡腿配柠檬汁	咖喱猪肉	百里香煎鱼	
西式套餐	日式煎饺	色拉米披萨	金枪鱼烤土豆	意大利菌菇烩饭	肉酱意大利面	
Soup of the day 每日例汤	Winter Melon Soup 冬瓜汤	Tomato Soup 番茄汤	Wensi Tofu Soup 文思豆腐汤	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	Sautéed Bean Sprouts 青椒炒豆芽	
Fruit of the day 每日水果	Sliced Fruit 切片水果	Sliced Fruit 切片水果	Sliced Fruit 切片水果	Sliced Fruit 切片水果	Sliced Fruit 切片水果	
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	Swiss Roll 果酱瑞士卷(无奶油)	
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	Shredded Dried Tofu 热拌云丝	Curry Chickpea 咖喱鹰嘴豆	

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 8% Vegetables 36%
White Meat 8% Starch 32% Deep Fried 2%

菜单营养成分: 红肉 14% 鱼类 8% 蔬菜 36%
白肉 8% 淀粉类 32% 油炸 2%