

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 (中国苏系)	Thursday 周四 (西餐)	Friday 周五 (中餐)	
套餐	2023/5/22 (Chinese Style)	2023/5/23 (Western Style)	2023/5/24 (Jiangsu Cuisine)	2023/5/25 (Western Style)	2023/5/26 (Chinese Style)	
Set Menu 套餐	Braised Beef with Potatoes	Roast Lamb	Pork balls with Crab Sauce	Grilled Fish with Thyme	Chicken with Three Cups Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 737 能量(千卡) Protein (g) 29.5 蛋白质(克) Fat (g) 31 脂肪(克) Carbohydrate (g) 85 碳水化合物(克)
	Moo Shu Chicken	Spaghetti Bolognese	Fried Vermicelli with Chicken	Risotto	Fried Seafood (Carrot/Celery/Fungus)	
	牛肉炖土豆	新: 西式烤羊肉	蟹粉狮子头	百里香煎鱼	三杯鸡	
	木须鸡肉	肉酱意大利面	干捞鸡肉粉丝	意大利菌菇烩饭 (菌菇/培根/鸡汤)	什锦海鲜 (胡萝卜片/西芹/木耳)	
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	Cheese Sandwich 芝士三明治	Custard Bun 中式点心: 奶黄包	Soda Biscuit 苏打饼干	Pork Bun 中式点心: 肉包	Garlic Baguette 蒜香法棍	
Cooked Salad 熟食色拉	Dried Tofu in Soy Sauce 红烧素鸡	Steamed Egg 白煮蛋	Roast Pumpkin 烤南瓜	Shredded Dried Tofu 热拌云丝	Curry Chickpea 咖喱鹰嘴豆	
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)						
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%