

YCIS 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	Weekly Nutritional Reading 一周营养分析
套餐	2023/5/22	2023/5/23	2023/5/24	2023/5/25	2023/5/26	
Set Menu 套餐	Zucchini and Egg Cake	Sweet Potato with Black Pepper and Salt	Crispy Tofu Balls	Kidney Bean with Cauliflower in Tomato Sauce	Baked Soybean in Tomato Sauce	Energy(Kcal) 431.7 能量(千卡) Protein (g) 14.8 蛋白质(克) Fat (g) 脂肪(克) 16.5 Carbohydrate (g) 碳水化合物(克) 56
	Roast Potato with Cheese and Butter	Vegetable Rolls	Fried Rice Noodles with Egg	Broccoli and Cheese Pasta	Omelette	
	西葫芦鸡蛋饼 (鸡蛋1颗)	椒盐红薯条 (红薯100g)	脆皮咖喱丸子 (豆腐60g)	茄汁红腰豆花菜 (红腰豆干15g)	茄汁焗豆 (黄豆干20g)	
	芝士黄油土豆 (芝士一片20g)	墨西哥蔬菜卷(鹰嘴豆30g)	鸡蛋河粉 (鸡蛋一颗50g)	西兰花芝士意面 (芝士一片20g)	西式乳酪鸡蛋饼 (鸡蛋1颗)	
Soup of the day 每日例汤	Same as Main Menu of each campus					
Vegetable of the day 每日蔬菜	Same as Main Menu of each campus					
Cooked Salad 熟食色拉	同各校区主菜单一致					
Fruit of the day 每日水果						
Dessert of the day 每日点心						
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)						
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: **Grains 30%** **Fish 0%** **Vegetables 35%**
Proteins 20% **Fruit 15%** **Deep Fried 0%**

菜单营养成分: **谷物 30%** **鱼类 0%** **蔬菜 35%**
蛋白质 20% **水果 15%** **油炸 0%**