

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	Thursday 周四	Friday 周五	
套餐	2023/6/19	2023/6/20	2023/6/21	2023/6/22	2023/6/23	
Set A	Grilled Beef	Xinjiang Big Plate Chicken	Sautéed Fish with Sour Sauce		Noodles Soup with Pork Chop in Soy Sauce	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 904 能量(千卡) Protein (g) 38 蛋白质 (克) Fat (g) 32 脂肪 (克) Carbohydrate (g) 116 碳水化合物 (克)
Chinese Style	Moo Shu Pork (Sautéed Sliced Chicken, Eggs and Fungus)	Sautéed Vermicelli with Spicy Minced Pork	Roast Duck Leg	Dragon Boat Festival	Scrambled Egg with Tomato	
套餐A	铁板牛肉	新疆大盘鸡	醋溜鱼片	端午节假期	红烧大排面	
中式套餐	木须鸡肉	蚂蚁上树	烤鸭		番茄炒蛋	
Set B	Roast Pork with Rosemary	New: Sautéed Diced Beef with Mushroom	Teriyaki chicken		Grilled Duck Breast in Orange Sauce	
Western Style	Fried Rice Cake, Korean Style	Pork Stew	Grilled Dumplings	Dragon Boat Festival	Fish in Tomato Sauce	
套餐B	迷迭香烤猪肉	新: 蒜香口蘑牛肉粒	日式照烧鸡	端午节假期	香煎鸭胸佐橙汁酱	
西式套餐	韩式鸡肉炒年糕	西式炖猪肉	日式煎饺		西式茄汁龙利鱼	
Soup of the day 每日例汤	Onion Soup 洋葱汤	Minestrone Soup 意大利蔬菜汤	Winter Melon Soup 冬瓜汤		Mushroom Soup 菌菇汤	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
Vegetable of the day 每日蔬菜	Sautéed Vegetables with Fungus 黑木耳炒杭白菜	Stir-Fried Cabbage with Carrot 卷心菜炒胡萝卜丝	Boiled Cauliflower and Broccoli 白灼双花菜	Dragon Boat Festival	Boiled Lettuce 白灼生菜	
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	端午节假期	Sliced Fruit 切片水果	
Dessert of the day 每日点心	Carrot cake 胡萝卜蛋糕	Butter Baguette 黄油烤法棍	Brownie 布朗尼		Marble cake 大理石蛋糕	
Cooked Salad 熟食色拉	Shredded Dried Tofu 热拌云丝	Sliced Kelp 热拌海带丝	Wheat Gluten Black Fungus 四喜烤麸		Roast Pumpkin 蜜汁烤南瓜	
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 12% Fish 8% Vegetables 38%
White Meat 10% Starch 32% Deep Fried 0%

菜单营养成分: 红肉 12% 鱼类 8% 蔬菜 38%
白肉 10% 淀粉类 32% 油炸 0%