

YCIS Shanghai ECE Regency Park Campus Set Menu 上海耀中浦东御翠园幼教部套餐菜单

Station	Monday 周一 (中餐)	Tuesday 周二 (西餐)	Wednesday 周三 (中餐)	Thursday 周四 (西餐)	Friday 周五		
套餐	2023/6/19 (Chinese Style)	2023/6/20 (Western Style)	2023/6/21 (Chinese Style)	2023/6/22 (Western Style)	2023/6/23 (Chinese Style)		
Set Menu 套餐	Pork Balls in Soy Sauce	New: Sautéed Diced Beef with Mushroom	Sautéed Fish with Sour Sauce		Xinjiang Big Plate Chicken	Weekly Nutritional Reading 一周营养分析	
	Fish in Tomato Sauce	Teriyaki chicken	Roast Duck Breast	Dragon Boat Festival	Moo Shu Pork (Sautéed Sliced Pork, Eggs and Black Fungus)		Energy(Kcal)
	红烧肉圆	新: 蒜香口蘑牛肉粒	醋溜鱼片	端午节假期	新疆大盘鸡		689
	茄汁龙利鱼	日式照烧鸡	烤鸭		木须肉	Protein (g)	
ECE Sliced fruit is delivered with afternoon snack. There are pears, Hamimelons, bananas, apples, oranges, and choose one of the above varieties every day.							
ECE的切片水果随下午点心一起配送, 可选择的水果为梨, 哈密瓜, 香蕉, 苹果, 柑橘类产品, 餐厅每天从中挑选一样供应。							
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		Boiled Lettuce 白灼生菜	Fat (g)	
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	Dragon Boat Festival	Sliced Fruit 切片水果	29	
Morning Snack 中式早点心	Spring roll 春卷	Milk Steamed Bread 奶香馒头	Chinese Cookies 新品: 小桃酥	端午节假期	Dumplings 水饺	Carbohydrate (g)	
Afternoon Snack 西式午点心	Cheese Sandwich 芝士三明治	Marble cake 大理石蛋糕	Butter Baguette 黄油烤法棍		Donut 甜甜圈	82	
Drink of the day 每日饮料	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶	Milk/Yogurt 牛奶/酸奶		Milk/Yogurt 牛奶/酸奶	碳水化合物 (克)	
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整, 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%