

YCIS Shanghai vegetarian Set Menu 上海耀中素食套餐菜单

Station	Monday 周一 2023/6/19	Tuesday 周二 2023/6/20	Wednesday 周三 2023/6/21	Thursday 周四 2023/6/22	Friday 周五 2023/6/23	Weekly Nutritional Reading 一周营养分析		
套餐								Energy(Kcal)
Set Menu 套餐	Mixed Vegetables with Tofu Broccoli and Cheese Pasta 杂菜炒豆腐 (豆腐45g) 西蓝花芝士意面 (芝士一片20g)	Curry Lentil with Vegetables Egg and Potato Cake 咖喱连度豆蔬菜 (连度豆20g) 土豆鸡蛋饼 (鸡蛋一颗50g)	Scrambled Egg with Tomato Fried Rice Noodles with Egg 番茄炒蛋 (鸡蛋1颗) 鸡蛋河粉 (鸡蛋一颗50g)	Dragon Boat Festival 端午节假期	Cauliflower with Kidney bean Mushroom and Egg Cake 红腰豆配奶油油菜花 (红腰豆干15g) 蘑菇鸡蛋饼 (鸡蛋一颗50g)			
Soup of the day 每日例汤								
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: Red Meat 0% Fish 0% Vegetables 80%
White Meat 0% Starch 30% Deep Fried 0%

菜单营养成分: 红肉 0% 鱼类 0% 蔬菜 80%
白肉 0% 淀粉类 30% 油炸 0%