

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	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 1101 能量(千卡) Protein (g) 42 蛋白质(克) Fat (g) 45 脂肪(克) Carbohydrate (g) 132 碳水化合物(克)
套餐	2023/9/18	2023/9/19	2023/9/20	2023/9/21	2023/9/22	
Set A	Grilled Beef	Fried Seafood with Celery	Duck Breast in Soy Sauce	Xinjiang Big Plate Chicken	Noodles Soup with Boiled Fish with Pickled Cabbage and Chili	
Chinese Style	Moo Shu Pork (Sautéed Sliced Chicken, Eggs and Fungus)	Spare Ribs with Spiced Salt	Kung Pao Fish	Sautéed Beef Fillet, Country Style	Yu-Shiang Shredded Pork	
套餐A	铁板牛肉	西芹海鲜 (鱿鱼+虾仁)	上海酱鸭	新疆大盘鸡	酸菜鱼面	
中式套餐	木须鸡肉	椒盐排条	宫爆鱼	家乡小炒牛肉	鱼香肉丝	
Set B	Roast Pork with Rosemary	New Dish: Sautéed Diced Beef with Mushroom	Roast Chicken with Lemon Sauce	Roast Fish,Thai Style	Grilled Duck Breast in Orange Sauce	
Western Style	Moroccan Fish	Grilled Vegetables with Bacon	Mashed Potato with Meat Paste	Baked Cauliflower with Chicken	Beef Stew	
套餐B	迷迭香烤猪肉	新菜: 蒜香口蘑牛肉粒	香柠烤鸡	泰式烤鱼	香煎鸭胸佐橙汁酱	
西式套餐	摩洛哥炖鱼	培根扒蔬菜	意式肉糜土豆泥	鸡肉焗西兰花	西式炖牛肉	
A La Carte 零点	铁板煎饺 (30) Grilled Dumplings	铁板芝士煎鸡胸 (39) Grilled Chicken Breast	茄汁肉丸意大利面 (30) Meat Balls Pasta	Beef Panini (34) 牛肉芝士帕尼尼	Roast Pork (44) 韩式烤肉	
Soup of the day 每日例汤	Mushroom Soup 菌菇汤	Miso Soup 味噌汤	Winter Melon Soup 冬瓜汤	Minestrone Soup 意大利蔬菜汤	Radish Soup 萝卜汤	
Vegetable of the day 每日蔬菜	Fried Bean Shoot with Green Pepper 豆芽炒青椒	Fried Vegetables 清炒米苳	Boiled Cauliflower and Broccoli 白灼双花菜	Boiled Lettuce 白灼生菜	Fried Qingcai with Mushroom 菌菇炒青菜	
Dessert of the day 每日点心	Carrot cake 胡萝卜蛋糕	Marble Cake 大理石蛋糕	Butter cake 黄油蛋糕	Sponge Cake 海绵蛋糕	Brownie 布朗尼	
Optional salad and daily drink are included in each menu 自选色拉和每日饮料包含在每份套餐里面 A La Carte is not included drink and dessert 零点不包括饮料和点心						
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 36%
White Meat 10% Starch 32% Deep Fried 2%

菜单营养成分: 红肉 12% 鱼类 8% 蔬菜 36%
白肉 10% 淀粉类 32% 油炸 2%