

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	2023/9/18 (Chinese Style)	2023/9/19 (Western Style)	2023/9/20 (Chinese Style)	2023/9/21 (Western Style)	2023/9/22 (Chinese Style)	
Set Menu 套餐	Grilled Pork	New: Sautéed Diced Beef with Mushroom	Fried Seafood with Celery	Roast Fish with Rosemary	Xinjiang Big Plate Chicken	Weekly Nutritional Reading 一周营养分析 Energy(Kcal) 689 能量(千卡) Protein (g) 25 蛋白质 (克) Fat (g) 29 脂肪 (克) Carbohydrate (g) 82 碳水化合物 (克)
	Moo Shu Pork (Sautéed Sliced Chicken, Eggs and Fungus)	Grilled Duck Breast in Orange Sauce	Spare Ribs with Spiced Salt	Beef Stew and Pasta	Fried Fish Fillet with Fungus	
	铁板猪肉	新: 蒜香口蘑牛肉粒	西芹海鲜 (鱿鱼+虾仁)	迷迭香烤鱼	新疆大盘鸡	
	木须鸡肉	香煎鸭胸佐橙汁酱	椒盐排条	西式炖牛肉+意大利面	木耳滑鱼片	
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的切片水果随下午茶点心一起配送, 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	Fried Bean Shoot with Green Pepper 豆芽炒青椒	Fried Vegetables 清炒米苋	Boiled Cauliflower and Broccoli 白灼双花菜	Boiled Lettuce 白灼生菜	Fried Qingcai with Mushroom 菌菇炒青菜	
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	Dragon Boat Festival	Sliced Fruit 切片水果	
Morning Snack 中式早点心	Spring Roll 春卷	Mashed Bean Bun 兔子豆沙包	Milk Steamed Bread 奶香馒头	ShaoMai 烧麦	Custard Bun 猪猪奶黄包	
Afternoon Snack 西式午点心	Sponge Cake 海绵蛋糕	Marble cake 大理石蛋糕	Carrot Cake 胡萝卜蛋糕	Brownie 布朗尼	Donut 甜甜圈	
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	Milk/Yogurt 牛奶/酸奶	
Cooked Salad 熟食色拉	Shredded Dried Tofu 热拌云丝	Dried Tofu in Soy Sauce 红烧素鸡	Roast Pumpkin 烤南瓜	Soy bean in Tomato Sauce 茄汁黄豆	Sliced Kelp in Garlic Sauce 蒜蓉海带丝	

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%