

YCIS Shanghai Primary Regency Park Campus Set Menu 上海耀中浦东御翠园小学部套餐菜单

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) 702.6 能量(千卡) Protein (g) 27 蛋白质(克) Fat (g) 27.4 脂肪(克) Carbohydrate (g) 87 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	
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 清炒时蔬	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	Sponge Cake 海绵蛋糕	Mashed Bean Bun 中点: 兔子豆沙包	Carrot Cake 胡萝卜蛋糕	ShaoMai 中点: 烧麦	Donut 甜甜圈	
Set Menu Sandwich 套餐三明治	Chicken Breast Sandwich 鸡胸肉芝士三明治	Chicken Breast Sandwich 鸡胸肉芝士三明治	Chicken Breast Sandwich 鸡胸肉芝士三明治	Chicken Breast Sandwich 鸡胸肉芝士三明治	Chicken Breast Sandwich 鸡胸肉芝士三明治	
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						
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 8% Fish 6% Vegetables 40%
White Meat 6% Starch 38% Deep Fried 2%

菜单营养成分: 红肉 8% 鱼类 6% 蔬菜 40%
白肉 6% 淀粉类 38% 油炸 2%