

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

Station	Monday 周一 2023/9/18	Tuesday 周二 2023/9/19	Wednesday 周三 2023/9/20	Thursday 周四 2023/9/21	Friday 周五 2023/9/22	Weekly Nutritional Reading 一周营养分析
套餐	Zucchini and Egg Cake Roast Potato with Cheese and Butter 西葫芦鸡蛋饼 (鸡蛋1颗) 芝士黄油土豆 (芝士一片20g)	Sweet Potato with Black Pepper and Salt Vegetable Rolls 椒盐红薯条 (红薯100g) 墨西哥蔬菜卷(鹰嘴豆30g)	Crispy Tofu Balls Fried Rice Noodles with Egg 脆皮咖喱丸子 (豆腐60g) 鸡蛋河粉 (鸡蛋一颗50g)	Kidney Bean with Cauliflower in Tomato Sauce Broccoli and Cheese Pasta 茄汁红腰豆花菜 (红腰豆干15g) 西蓝花芝士意面 (芝士一片20g)	Baked Soybean in Tomato Sauce Omelette 茄汁焗豆 (黄豆干20g) 西式乳酪鸡蛋饼 (鸡蛋1颗)	
Soup of the day 每日例汤	Same as Main Menu of each campus					
Vegetable of the day 每日蔬菜	同各校区主菜单一致					
Dessert of the day 每日点心	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					
Please Pre-order vegetarian food one day in advance as the quantity is limited every day 需要素食的同学请提前一天向餐厅订购						



Nutritional reading weekly: Grains 30% Proteins 20% Fish 0% Fruit 15% Vegetables 35% Deep Fried 0%

菜单营养成分: 谷物 30% 蛋白质 20% 鱼类 0% 水果 15% 蔬菜 35% 油炸 0%