



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	7-Dec-20	8-Dec-20	9-Dec-20	10-Dec-20	11-Dec-20
	CHRISTMAS LUNCH	Tomato & Egg Soup	Sweet Corn Soup	Spinach Egg Soup	Minestrone Soup
	CHRISTMAS TURKEY (NO BONE)	Roasted Chicken Rosemary Mustard Sauce	Fried Chicken Fillet	Roasted Chicken With Gravy	Plain Chicken
	GREEN PEAS & CARROT	Cheese Pizza	Mixed vegetables	Sweet Corn & Peas	Carrot Stick
	ROASTED POTATOE CUBES	Steamed Carrot	Baked Potato & Cheese	Fussili (No Sauce)	Boiled potato
		Sweet Corn	Rice	Rice	Potato Wedges
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	CHRISTMAS TURKEY (NO BONE)	Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	Plain Chicken
Vegetarian	SPINACH QUICHE	N/a	Cheese Omelet	N/a	Boiled Egg
Dessert	CHRISTMAS APPLE TART	Peach Sponge Cake	Chocolate Cake	Apple Crumble	Banana cake

Nutritional reading :	Energy 热量 (Kcal)	Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
每周营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800