



# BSB SHUNYI MENU

|                                   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|-----------------------------------|--|--|--|---|---|
|                                   | 4/22/2019  | 4/23/2019  | 4/24/2019  | 4/25/2019   | 4/26/2019   |
| Italian offer & Promotion Day     |  |  | <b>ITALIAN DAY</b>   | <b>Noodle Special Day</b>   |   |
|                                   | Fussili Pesto Sauce  | Hawaiian Chicken Pizza & Cheese Pizza  | CAESAR SALAD   | Shan'xi Noodles Stewed Pork Sauce   | Spaghetti   |
|                                   | Fussili Tomato Provence Sauce  | Mixed Vegetable Salad  | CHICKEN CACCIATORA SPAGHETTI WITH CHICKEN PEPPERS AND SHRIMPS  | Vegetarian Noodle Soup  | Beef Bolognaise Sauce & Mushroom sauce  |
| Asian From The Wok/Noodle Station | Red Tomato Egg Soup<br>Steamed Fish Soy-sauce<br>Sauteed Baby cabbage<br>Steamed Custard Bun | Seaweed Soup<br>Jiang Bao Chicken<br>Sauteed Potato Carrot<br>Rice                                 | Korean Vegetable Soup<br>Fried Sliced Chicken Vegetables<br>Ratatouille<br>Rice                              | Pork Meat ball & Radish Soup<br>Roasted Chicken Lemon Grass Paste<br>Light Stir-fried Cauliflower<br>Rice | Tremella lotus soup<br>Ham & Bacon Fried Rice<br>Sautéed Tomato & Egg<br>Spring rolls |
| Western Station                   | Potato Leek Soup<br>Chicken Nugget<br>Rice<br>Fried Carrot & Baby corn                       | Mushroom Soup<br>Grilled Pork Sausage With Fried Onions<br>Mashed Potatoes<br>Sauteed Sour Cabbage | <b>MINISTRONE WITH BEANS</b><br>Roasted Porkkion Black Pepper Sauce<br>Roasted Sweet Potatoes<br>Ratatouille | Pumpkin Soup<br>Hot Dog( Pork Sausage)<br>Roasted Potato Cubes<br>Baked Beans                             | Broccoli Soup<br>Tendori Chicken<br>Rice<br>Fried Celery                              |
| Vegetarian                        | Beans Ball Tomato Sauce  | Vegetarian Noodles   | Mushroom Quiché  | Baked Tortillas   | Vegetable Fried Rice  |
| PS-MS Sandwich                    | Ham cheese or Smoked Chicken   | Tuna or Salami   | Ham cheese or Smoked Chicken   | Tuna or Salami  | Ham cheese or Smoked Chicken  |
| HS Sandwich                       | Sandwich Bar   | Sandwich Bar   | Sandwich Bar   | Sandwich Bar  | Sandwich Bar  |
| Dessert                           | Carrots cake   | Apple pie  | Brownies   | Bread pudding   | English muffin  |

|                             |                  |                 |                        |            |          |
|-----------------------------|------------------|-----------------|------------------------|------------|----------|
| 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                      | 687              | 31              | 89                     | 23         | 909      |
| Nutritional Recommendation: |                  |                 |                        |            |          |
| 营养建议                        | 727              | 30              | 100                    | 23         | 800      |