



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	12/10/2018	12/11/2018	12/12/2018	12/13/2018	12/14/2018
	Spinach Egg Soup Roasted Chicken Plain Sauteed Snow Beans Fussili Tomato Sauce Onside Vegetable Dumpling	Minestrone Soup Roasted Chicken No Sauce Vegetable Spring-roll Steamed Broccoli Carrot Cheese Pizza	Creamy Carrot soup Roasted Pork No Sauce Steamed Cauliflower Steamed Sweet corn & Peas Rice	Zucchini Egg Soup Magrita Pizza Green Pea & Carrot Roasted Chicken Rice	HALF DAY NO LUNCH
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	
Halal Food	Roasted Chicken Plain	Roasted Chicken No Sauce	Plain Chicken	Roasted Plain Chicken	HALF DAY NO LUNCH
Vegetarian	N/a	Vegetable Samosa	Boiled Egg	Vegetable fried rice	
Dessert	British Fruit Cake	Cheese Cake	Banana Muffin	Swiss roll	

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	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950