



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	4-18-22 NO MEAT DAY	19-Apr-22	20-Apr-22	21-Apr-22	22-Apr-22
	Sweet-corn soup Chili Con Carne (Zero Meat) Vegetable Samosa Poached Carrot Penne (Tomato sauce)	Vegetable Stock Soup Roasted Chicken ,Teriyaki Sauce Steamed Carrot Cheese Pizza Rice	Broccoli soup Roasted Pork , Chashao Sauce Mixed Vegetables Roasted potato Cubes Rice	Onion soup Boiled Potatoes Plain Roasted Pork Sauce On Side Sweet Corn & Peas Rice	Potato & Leek Soup Roasted Pork , Chashao Sauce Steamed Sweet Beans Chinese Pancake Rice
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Chili Con Carne (Zero Meat)	Roasted Chicken No Sauce	Vegetable Dumpling	Roasted Plain Chicken	Roasted Plain Chicken
Vegetarian	Cheese omelet	Boiled Egg	Vegetable Dumpling	Vegetable Curry	Scramble Egg
Dessert	Raisin Butter Cake	Brownies	Lemon Cake	Muffin	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	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900