



BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EAT LEARN LIVE					
Italian offer & Promotion Day	11-Jan-21	12-Jan-21	13-Jan-21	14-Jan-21	15-Jan-21
Asian From The Wok/Noodle Station	Spinach Egg Soup Braised Pork Radish Carrot Sauteed Vegetables (Chao San Ding) Rice	Seafood Soup Gongbao Chicken Sweet Sour Chinese Cabbage Rice	Winter-melon Dry Shrimp Soup Fried Sliced Chicken Black Beans Sauce Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Shanghai Fried Chicken Bok choy & Mushroom Rice	Noodle Vegetable Soup Fried Sliced Pork With Pepper Bean Sprout & Glass Noodle Rice
Western Station	Mushroom Soup Sauteed Chicken Pasta Sweet Corn Rice	Green Pea Soup Italian Sausage Pizza Broccoli & Carrot Rice	Creamy Carrot soup Chashao Pork Sauteed Spinach Rice	Spinach Soup Beef Noodle Soup Green Pea & Carrot Rice	Creamy Pumpkin Soup Picata Chicken Fried Egg & Tomato Rice
Vegetarian	Vegetable Pasta	Italian Cheese Pizza	Vegetable Wrap	Vegetarian Egg Noodle Soup	Vegetable Dumpling
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

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