

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	8/20/2018	8/21/2018	8/22/2018	8/23/2018	8/24/2018
Italian offer & Promotion Day	Welcome Morning & Family Picnic		FUN FOOD DAY	Noodle Special Day	
		Penne Carbonara sauce (bacon & mushroom)	ROASTED CHICKEN ROSEMARY	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
		Penne Tomato Provence Sauce	MASHED POTATOES & COLESLAW SALAD	Vegetarian Rice Noodle Soup	Vegetable Lasagna
Asian From The Wok/Noodle Station		Mushroom Bean curd Soup Chicken Curry With Vegetable Braised Winter Melon Alone Sauce Rice	Sweet Corn Soup Braised Pork Taiwan Style Mixed vegetables Rice	Spinach Egg Soup Chicken Drumstick Fried Guangdong Cabbage Rice	Hot-chilli Soup Yu Xiang Rou Si Sautéed Vegetable Sticks Steamed Custard Bun
Western Station		Borscht (luo'song) Soup Pork Meat loaf With Onion Sauce Broccoli Gratin Rice	Creamy Tomato Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese	Onion Soup Pork Goulash Roasted Pumpkin Rice	Minestrone Soup Roasted Cajun Chicken Sautéed Vegetable Sticks Rice
Vegetarian		Vegetarian Curry	Mixed Beans Steak Mushroom Sauce	Grilled Pepper With Cheese	Vegetable Lasagna
PS-MS Sandwich		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
Dessert		Vanilla muffin	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