



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	8/20/2018	8/21/2018	8/22/2018	8/23/2018	8/24/2018
		Tomato & Egg Soup Roasted Plain Chicken Cheese Pizza Steamed Carrot Vegetable Samosa	Sweet Corn Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese Rice	Spinach Egg Soup Plain Chicken Sweet Corn & Peas Fussili (No Sauce) Rice	Minestrone Soup Plain Chicken Carrot Stick Boiled potato Spaghetti (bolognese on side)
Bread Or Sandwich		Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food		Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	Plain Chicken
Vegetarian		N/a	Cheese Omelet	N/a	Boiled Egg
Dessert		Fruit Cake	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:	740	30	100	24	800
营养建议					