



BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	1-Jun-2020	2-Jun-2020	3-Jun-2020	4-Jun-2020	5-Jun-2020
Italian offer & Promotion Day			ITALIAN DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	MINISTRONE WITH BEANS	Chicken Mushroom Rice Noodle Soup	Spaghetti
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	SPAGHETTI WITH CHICKEN PEPPERS	Vegetarian Rice Noodle Soup	Beef Bolognaise Sauce & Mushroom sauce
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup Chicken Curry With Vegetable Braised Winter Melon Alalone Sauce Rice	Tomato & Egg Soup Chinese Dumpling (Pork) Fried Cabbage & Agaric 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 Rice
Western Station	Borscht (luo'song) Soup Roasted Duck Fillet With Sweet Sour Sauce Broccoli Gratin Rice	Creamy mushroom Soup Roasted Chicken With Rosemary Mustard Sauce Onion & Carrot Sweet Corn	Creamy Tomato Soup Roasted Chicken Thai Style Mixed vegetables Baked Potato & Cheese	Onion Soup Pork Goulash Roasted Pumpkin Rice	Minestrone Soup Slow Cook Chicken Casserole Sautéed Vegetable Sticks Baked Potato Wedges
Vegetarian	Vegetarian Curry	Vegetarian Dumpling	Mixed Beans Steak Mushroom Sauce	Grilled Pepper With Cheese	Vegetable Lasagna
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert	Vanilla muffin	Peach Sponge Cake	Chocolate Cake	Orange Cake	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