

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	24-Feb-20	25-Feb-20	26-Feb-20	27-Feb-20	28-Feb-20
Italian offer & Promotion Day			THAI FOOD DAY	Noodle Special Day	
	Fussili Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	TOM YUM SOUP	Shan'xi Noodles Stewed Pork Sauce	Spaghetti
	Fussili Tomato Provence Sauce	Mixed Vegetable Salad	THAI ROASTED WHOLE CHICKEN & FRIED MIXED MUSHROOM VEGETABLES SAEFOOD PAD THAI	Vegetarian Noodle Soup	Beef Bolognaise Sauce & Mushroom sauce
Asian From The Wok/Noodle Station	Red Tomato Egg Soup Steamed Fish Soy-sauce Sauteed Baby cabbage Steamed Custard Bun	Seaweed Soup Jiang Bao Chicken Sauteed Potato Carrot Rice	Korean Vegetable Soup Fried Sliced Chicken With Pepper Ratatouille Rice	Pork Meat ball & Radish Soup Roasted Chicken Lemon Grass Paste Light Stir-fried Cauliflower Rice	Tremella lotus soup Ham & Bacon Fried Rice Sautéed Tomato & Egg Rice
Western Station	Potato Leek Soup Chicken Nugget Fried Carrot & Baby corn Rice	Mushroom Soup Grilled Pork Sausage With Fried Onions Mashed Potatoes Sauteed Sour Cabbage	Creamy Tomato Soup Roasted Porklion Black Pepper Sauce Roasted Sweet Potatoes Ratatouille	Pumpkin Soup Hot Dog(Pork Sausage) Roasted Potato Cubes Baked Beans	Broccoli Soup Tendori Chicken Fried Celery Brown Rice
Vegetarian	Beans Ball Tomato Sauce	Vegetarian Noodles	Mushroom Quiché	Baked Tortillas	Vegetable Fried Rice
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
Dessert	Carrots cake	Apple pie	Brownies	Bread pudding	English muffin

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	687	31	89	23	909
Nutritional Recommendation:					
营养建议	727	30	100	23	800