



# BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	21-Sep-20	22-Sep-20	23-Sep-20	24-Sep-20	25-Sep-20
	Sweet-corn soup Grilled pork , Mushroom sauce Vegetable Samosa Poached Carrot Penne (Sauce On Side)	Vegetable Stock Soup Roasted Chicken ,Teriyaki Sauce Steamed Carrot Cheese Pizza Rice	Broccoli soup Fish Fillet French Fries Stenmed Cauliflower Rice	Onion soup Boiled Potatoes Plain Roasted Pork , Chashao Sauce Sweet Corn & Peas Rice	Potato & Leek Soup Roasted Chicken With Gravy Steamed Sweet Beans Roasted potato Cubes Rice
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Fried Chicken	Roasted Chicken No Sauce	Fish Fillet	Roasted Plain Chicken	Roasted Plain Chicken
Vegetarian	Cheese omelet	Boiled Egg	Vegetable Pancake	Vegetable Curry	Scramble Egg
Dessert	Raisin Butter Cake	Brownies	Lemon Cake	Muffin	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	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900