

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	17-Jan-21	18-Jan-21	19-Jan-21	20-Jan-21	21-Jan-21
Italian offer & Promotion Day			FRENCH DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	FRENCH ROASTED SLICED POTATOES	Beef Noodle Soup	Spaghetti
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	FRENCH BEEF PROVENCAL & FRENCH ZUCCHINI QUICHE	Vegetarian Egg Noodle Soup	Bolognese Sauce & Mushroom sauce
Asian From The Wok/Noodle Station	Spinach Egg Soup Chinese BBQ Pork Slice Onion (Tie Ban Chao kao Rou) Poached Sichuan Cabbage (gai cai) Rice	Seafood Soup Gongbao Chicken Baby Chinese Cabbage Oyster Sauce Rice	Winter-melon Dry Shrimp Soup Sautéed Chicken Mushroom Pasta Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Thai Style Bok choy & Dry Tofu (Fu Zhu) With Fugus Rice	Noodle Vegetable Soup Sliced Chicken With Egg Cucumber (Mu'xu rou) Sautéed Potatoes With Green Pepper Rice
Western Station	Mushroom Soup Hawaiian Roasted Chicken Pineapple Sauce Sweet-corn & Peas Rice	Green Pea Soup Grilled Fish Lemon Butter Sauce Broccoli & Carrot Vegetable Samosa	Creamy Carrot soup Roasted Pork Honey Mustard Sauce Spinach & Onion Rice	Spinach Soup Beef Cottage Pie Green Pea & Carrot Rice	Creamy Pumpkin Soup Picata Chicken Grilled Vegetable Rice
Vegetarian	Vegetable Dumpling	Vegetable Puff	Vegetable Wrap	Vegetable fried rice	Spinach Quiché
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	Butter Cake	Orange Cake	Banana Muffin	Strawberry Jam Roll	Peach pie

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	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950