



BSB SHUNYI EYFS MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|--|--|---|--|
| | 4/15/2019 | 4/16/2019 | 4/17/2019 | 4/18/2019 | 4/19/2019 |
| | Borscht (luo'song) Soup Pork Meat loaf With Onion Sauce Steamed Broccoli Penne Tomato Provence Sauce Rice | Tomato & Egg Soup Roasted Chicken Rosemary Mustard Sauce Cheese Pizza Steamed Carrot Vegetable Samosa | Sweet Corn Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese Rice | Spinach Egg Soup Roasted Chicken With Gravy Sweet Corn & Peas Fussili (No Sauce) Rice | Minestrone Soup Plain Chicken Carrot Stick Boiled potato Potato Wedges |
| Bread Or Sandwich | Cheese Sandwich | Soft Bread | Cheese Sandwich | Soft Bread | Cheese Sandwich |
| Halal Food | Fried Chicken Fillet | Roasted Plain Chicken | Fried Chicken Fillet | Plain Chicken | Plain Chicken |
| Vegetarian | Vegetarian Curry | N/a | Cheese Omelet | N/a | Boiled Egg |
| Dessert | Vanilla muffin | Peach Sponge Cake | Chocolate Cake | Apple Crumble | Banana cake |

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|-----------------------------|------------------|-----------------|------------------------|------------|----------|
| 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 |