

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	09-Dec-19	10-Dec-19	11-Dec-19	12-Dec-19	13-Dec-19
Italian offer & Promotion Day	CHRISTMAS DAY			Noodle Special Day	<p style="text-align: center;">School finishes at 12pm</p>
		Pork Pizza & Cheese Pizza	Penne Carbonara sauce (bacon & mushroom)	Chicken Mushroom Rice Noodle Soup	
	CREAMY PUMPKIN SOUP	Mixed Vegetable Salad	Penne Tomato Provence Sauce	Vegetarian Rice Noodle Soup	
Asian From The Wok/Noodle Station	ROASTED TURKEY WITH CRANBERRY SAUCE ROASTED CHRISTMAS HAM HONEY MUSTARD SAUCE MIXED VEGETABLES ROASTED HERB POTATOES	Tomato & Egg Soup	Mushroom Bean curd Soup	Spinach Egg Soup	
		Chinese Dumpling (Pork)	Chicken Curry With Vegetable	Chicken Drumstick	
		Fried Cabbage & Agaric Rice	Braised Winter Melon Alalone Sauce Rice	Fried Guangdong Cabbage Rice	
Western Station		Creamy mushroom Soup	Borscht (luo'song) Soup	Onion Soup	
		Roasted Chicken With Rosemary Mustard Sauce	Roasted Duck Fillet With Sweet Sour Sauce	Pork Goulash	
		Onion & Carrot Sweet Corn	Broccoli Gratin Rice	Roasted Pumpkin Rice	
Vegetarian	GRILLED MUSHROOM PUFF	Vegetarian Dumpling	Vegetarian Curry	Grilled Pepper With Cheese	
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
Dessert	CHRISTMAS APPLE TART	Peach Sponge Cake	Chocolate Cake	Vanilla 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)
每餐营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800