

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	20-Sep-21	21-Sep-21	22-Sep-21	23-Sep-21	24-Sep-21
Italian offer & Promotion Day		HOLIDAY	KOREAN DAY	Noodle Special Day	
	Penne Pork Carbonara sauce (Bacon & Mushroom)		KOREAN KIM CHI BACON RICE STICK WITH CHEESE	Chinese Noodle Pork Soy Bean Paste	Beef Lasagna
	Penne Tomato Provence Sauce		BI BIM BAP & PORK CHILI PASTE (Korean vegetable mixed rice)	Chinese Noodle Tomato Egg Sauce	Spinach Lasagna
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee		Pumpkin Millet Congee Soup	Sweet Sticky Ball With Egg	Mixed Mushroom Soup
	Pineapple Chicken Peppers (Bo Lou Gu Lao Rou)		Stewed Chicken & Mushroom	Chashao Pork	Pork Meatball & Mushroom Sauce
	Stew Eggplant & Tomato		Bean Sprout With Sweet Potato Noodles	Spinach & Onion	Sauteed Broccoli & Garlic
Western Station	Rice		Fried Chinese Pancake & Vegetable	Rice	Rice
	Sweet-corn soup		Broccoli soup	Onion soup	Potato & Leek Soup
	Roasted Pork loin & Mushroom Brown Sauce		Grilled Pork Steak With Rosemary Sauce	Curry Chicken	Roasted Chicken Drumstick
Vegetarian	Vegetable Samosa		Mixed vegetables	Cauliflower Gratin	Roasted Pumpkin
	Poached Cabbage & Carrot	Roasted Potato Cubes	Rice	Rice	
	Baked Puff & Stuffed Mushroom Filling	Vegetable Pancake	Vegetable Curry	Vegetable Lasagna	
PS-MS Sandwich	Ham cheese or Smoked Chicken	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
Dessert	Raisin Butter Cake	Lemon Cake	Plain 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)
每厨营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900