



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	30-Nov-20	1-Dec-20	2-Dec-20	3-Dec-20	4-Dec-20
	Spinach Egg Soup Roasted Chicken Plain Sautéed Snow Beans Fusilli Tomato Sauce Onside Vegetable Dumpling	Green Pea Soup Roasted Chicken Lemon Butter Sauce Vegetable Samosa Steamed Broccoli Carrot Cheese Pizza	Creamy Carrot soup Roasted Pork No Sauce Steamed Cauliflower Steamed Sweet corn & Peas Rice	Zucchini Egg Soup Magrita Pizza Green Pea & Carrot Roasted Chicken , Chashao Sauce Rice	Noodle Vegetable Soup Plain Chicken Spaghetti Bolognese Sauce on side Broccoli Rice
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Roasted Chicken Plain	Roasted Chicken No Sauce	Plain Chicken	Roasted Plain Chicken	Roasted Plain Chicken
Vegetarian	N/a	Vegetable Samosa	Boiled Egg	Vegetable fried rice	Spinach Quiché
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