

THE BRITISH SCHOOL OF BEIJING, SHUNYI A NORD ANGLIA EDUCATION SCHOOL

## **BSB SHUNYI MENU**

Asian From The Wok/Noodle Station     Vegetable Korean Style     Roasted Teriyaki Chicken     Stewed Chicken & Mushroom     Chashao Pork     Sauce       Nok/Noodle Station     Stew Eggplant & Tomato     Light Stir-fried Vegetable     Mixed vegetables     Spinach & Onion     Sauteed Broccoli & Garlic       Rice     Rice     Rice     Fried Chinese Pancake & Vegetable     Rice     R	EAT LEARN LIVE					
Italian offer & Promotion Dia Prome Pork Carbonara saue (Bacon & Mushroom)     Pork Salami Pizza & Cheese Pizza Nised Vegetable Saladi     THAI FOOD DAY     Number Special Ray Seator     Description of the source brand     Descric brand brand cleable brand     Description of the		Monday	Tuesday	Wednesday	Thursday	Friday
Italian offer & Promotion Day     Penne Pork Carbonara sauce (Bacon & Mushroom)     Pork Salami Pizza & Cheese Pizza     TOM YAM SOUP     Choose Pixe Pixe Pixe Pixe Pixe Pixe Pixe Pix		26-Oct-20	27-Oct-20	28-Oct-20	29-Oct-20	30-Oct-20
Promotion Day (Bacon & Mushroom)     Ponk Salami Pizza & Cheese Pizza (Bacon & Mushroom)     TOM YAM SOUP     Contexts Research and press     Beef Lasagna       Penne Tomato Provence Sauce (Bacon & Mushroom)     Mixed Vegetable Salad     SEA FOGO PAD THAI NODDLES PIRED VEGETABLES (Kong xin cai)     Chimene Neudelit Tentente Tiger Sauted     Spinach Lasagna       Asian From The Vok/Noodle Station     Mined Chicken & Conge Sauted Died Chicken & Vegetable Korean Style     Dry-Shrimp Baby Cabbage Soup Roasted Terlyaki Chicken     Pumkin Millet Conge Soup Roasted Terlyaki Chicken     Stewed Chicken & Mushroom Sauce     Mixed Mushroom Sauce     Mixed Mushroom Sauce     Mixed Mushroom Sauce     Spinach Lasagna     Mixed Vegetable     Curry Chicken     Roasted Chicken Chicken Chicken Chicken Chicken Chicken Chicken Chicken Chicken Chicken Proceed Cabbage & Car				THAI FOOD DAY	Noodle Special Day	
Penne Tomato Provence Sauce     Mixed Vegetable Salad     PIRED VEGETABLES (Kong xin cai)     Seate     Spinach Lasgna       Asian From The Vock/Noodle Statie Vock/Noodle Statie Outgetable Korean Style     Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken     Pumkin Millet Conge Soup Stewed Chicken & Mushroom     Sweet Sticky Ball With Egg Sweet Sticky Ball With Egg Synach & Onion     Mixed Mushroom Soup Pork Meatball & Mushroom Sauce       Stew Eggplant & Tomato     Light Stir-Fried Vegetable     Mixed vegetables     Spinach & Onion     Sauteed Broccoli & Garlic Rice       Rice     Rice     Fried Chinese Pancake & Vegetable     Rice     Rice     Rice       Grilled Pork Steak & Mushroom Broom Sauce     Stewed Beef Italian Style     Fried Chinese Pancake & Vegetables     Cauliflower Gratin     Roasted Chicken Drumstick       Vegetable Samosa     Zucchini & Carrot     Mixed vegetables     Cauliflower Gratin     Roasted Pumpkin       Poached Cabbage & Carrot     Rice     French Fries     Rice     Rice       Vegetable Sandwich     Ham cheese or Smoked Chicken     Tuna or Salami     Ham cheese or Smoked Chicken     Ham cheese or Smoked Chicken       Vegetatin     Baked Puff & Stuffed Mushroom Filling     Sandwich Bar     Sandwich Bar     Sandwich Bar     Sandwich Bar <td></td> <td>Pork Salami Pizza &amp; Cheese Pizza</td> <td>TOM YAM SOUP</td> <td></td> <td>Beef Lasagna</td>			Pork Salami Pizza & Cheese Pizza	TOM YAM SOUP		Beef Lasagna
Asian From The Vok/Noodle Station Congee Dry-Shrimp Baby Cabbage Soup Pumkin Millet Congee Soup Sweet Stricky Ball With Egg Mixed Mushroom Soup   Asian From The Vok/Noodle Station Sudded Diced Chicken & Vegetable Korean Style Roasted Teriyaki Chicken Stewed Chicken & Mushroom Chashao Pork Pork Meatball & Mushroom Sauce   Stew Eggplant & Tomato Light Stir-fried Vegetable Mixed vegetables Spinach & Onion Sauteed Broccoli & Garlic   Rice Rice Rice Fried Chinese Pancake & Vegetable Rice Rice   Sweet-corn soup Minestrone Soup Broccoli soup Onion soup Potato & Leek Soup   Grilled Pork Steak & Mushroom Brown Sauce Stewed Beef Italian Style Fish Fillet Curry Chicken Roasted Chicken Drumstick   Vegetable Samosa Zucchini & Carrot Mixed vegetables Rice Rice Rice   Vegetable Samosa Spinach Lasagna Vegetable Pancake Vegetable Curry Vegetable Lasagna   PS-MS Sandwich Ham cheese or Smoked Chicken Tuna or Salami Ham cheese or Smoked Chicken Ham cheese or Smoked Chicken   HS Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar   Sandwich Bar 20 120 27 92 92 92		Penne Tomato Provence Sauce	Mixed Vegetable Salad			Spinach Lasagna
Asian From The Vock/Noodle Statio Vock/Noodle Statio Steve Eggplant & Tomato Roasted Teriyaki Chicken Light Stir-fried Vegetable Stewed Chicken & Mushroom Mixed vegetables Chashao Pork Spinach & Onion Pork Meatball & Mushroom Sauce   Mixed Vegetable Samosa Rice <td rowspan="2"></td> <td></td> <td>Dry-Shrimp Baby Cabbage Soup</td> <td>Pumkin Millet Congee Soup</td> <td>Sweet Sticky Ball With Egg</td> <td>Mixed Mushroom Soup</td>			Dry-Shrimp Baby Cabbage Soup	Pumkin Millet Congee Soup	Sweet Sticky Ball With Egg	Mixed Mushroom Soup
Stew Eggpant & Tomato   Light Stir-fried Vegetable   Mixed vegetables   Spinach & Onion   Sauteed Broccoli & Garlie     Rice   Rice   Rice   Fried Chinese Pancake & Vegetable   Rice   Rice   Rice     Western Station   Sweet-corn soup   Minestrone Soup   Broccoli soup   Onion soup   Potato & Leek Soup     Grilled Pork Steak & Mushoom Brown Sauce   Stewed Beef Italian Style   Frish Fillet   Curry Chicken   Roasted Chicken Drumstick     Vegetable Samosa   Zucchini & Carrot   Mixed vegetables   Cauliflower Gratin   Roasted Pumpkin     Vegetatife Mushoom Filling   Spinach Lasagna   Vegetable Pancake   Vegetable Curry   Vegetable Lasagna     PS-MS Sandwich   Ham cheese or Smoked Chicken   Tuna or Salami   Ham cheese or Smoked Chicken   Mixed vegetable Pancake   Vegetable Curry   Vegetable Lasagna     PS-MS Sandwich   Sandwich Bar   Sandwich Bar   Sandwich Bar   Sandwich Bar   Sandwich Bar     Dessert   Raisin Butter Cake   Chocolate Cake   Lemon Cake   Plain Muffin   Banana Cake     Nutritional readmer   30   110   20   912   912   912   912		Sauteed Diced Chicken &	Roasted Teriyaki Chicken	Stewed Chicken & Mushroom	Chashao Pork	Pork Meatball & Mushroom Sauce
Sweet-corn soup Grilled Pork Steak & Mushroon Brown Sauce     Minestrone Soup Stewed Beef Italian Style     Broccoli soup Fish Fillet     Onion soup     Potato & Leek Soup Roasted Chicken Drumstick       Vegetable Samosa     Zucchini & Carrot     Mixed vegetables     Curry Chicken     Roasted Chicken Drumstick       Poached Cabbage & Carrot     Rice     French Fries     Rice     Rice       Vegetarian     Baked Puff & Stuffed Mushroom Filling     Spinach Lasagna     Vegetable Pancake     Vegetable Curry     Vegetable Lasagna       PS-MS Sandwich     Ham cheese or Smoked Chicken     Tuna or Salami     Ham cheese or Smoked Chicken     Ham cheese or Smoked Chicken       HS Sandwich     Sandwich Bar     Sandwich Bar     Sandwich Bar     Sandwich Bar       Nutritional reading:     Enterythig (tcal)     Potem Edit (tcal)     Sandwich Bar     Sandwich Bar       Nutritional reading:     Sa     30     100     25     90     Sattered	Vok/Noodle Station	Stew Eggplant & Tomato	Light Stir-fried Vegetable	Mixed vegetables	Spinach & Onion	Sauteed Broccoli & Garlic
Western Station Grilled Pork Steak & Mushroom Brown Sauce Stewed Beef Italian Style Fish Fillet Curry Chicken Roasted Chicken Drumstick Roasted Pumpkin   Vegetable Samosa Vegetable Samosa Zucchini & Carrot Mixed vegetables Cauliflower Gratin Roasted Pumpkin   Poached Cabbage & Carrot Rice French Fries Rice Rice   Vegetarian Baked Puff & Stuffed Mushroom Filling Spinach Lasagna Vegetable Pancake Vegetable Curry Vegetable Lasagna   PS-MS Sandwich Ham cheese or Smoked Chicken Tuna or Salami Ham cheese or Smoked Chicken Ham cheese or Smoked Chicken   HS Sandwich Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar   Nutritional reading: Raisin Butter Cake Chocolate Cake Lemon Cake Plain Muffin   Nutritional reading: 20 110 21 912		Rice	Rice	Fried Chinese Pancake & Vegetable	Rice	Rice
Western Station Brown Sauce Stewed Beef Italian Style Fish Fillet Curry Chicken Roasted Chicken Drumstick   Western Station Vegetable Samosa Zucchini & Carrot Mixed vegetables Cauliflower Gratin Roasted Pumpkin   Poached Cabbage & Carrot Rice French Fries Rice Rice   Vegetarian Baked Puff & Stuffed Mushroom Filling Spinach Lasagna Vegetable Pancake Vegetable Curry Vegetable Lasagna   PS-MS Sandwich Ham cheese or Smoked Chicken Tuna or Salami Ham cheese or Smoked Chicken Ham cheese or Smoked Chicken   HS Sandwich Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar   Dessert Raisin Butter Cake Chocolate Cake Lemon Cake Plain Muffin Banana Cake   Nutritional reading: Energy fMa (Kcal) Protein Batt(g) 27 912   #Math Sond 30 10 25 90		Sweet-corn soup	Minestrone Soup	Broccoli soup	Onion soup	Potato & Leek Soup
Poached Cabbage & Carrot Rice French Fries Rice   Vegetarian Baked Puff & Stuffed Mushroom Filling Spinach Lasagna Vegetable Pancake Vegetable Curry Vegetable Lasagna   PS-MS Sandwich Ham cheese or Smoked Chicken Tuna or Salami Ham cheese or Smoked Chicken Tuna or Salami Ham cheese or Smoked Chicken Ham cheese or Smoked Chicken   HS Sandwich Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar   Dessert Raisin Butter Cake Chocolate Cake Lemon Cake Plain Muffin Banana Cake   Nutritional Recommendation: 23 30 110 25 900	Western Station		Stewed Beef Italian Style	Fish Fillet	Curry Chicken	Roasted Chicken Drumstick
Vegetarian   Baked Puff & Stuffed Mushroom Filling   Spinach Lasagna   Vegetable Pancake   Vegetable Curry   Vegetable Lasagna     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   Raisin Butter Cake   Chocolate Cake   Lemon Cake   Plain Muffin   Banana Cake     Nutritional reading:   Energy Ma (Kca)   Protei addig (g)   Carbohydrate awk the (g)   Fat ald (g)   Salt(mg)   Salt(mg)     Spadu   110   25   900   912   912   912		Vegetable Samosa	Zucchini & Carrot	Mixed vegetables	Cauliflower Gratin	Roasted Pumpkin
VegetarianFillingSpinach LasagnaVegetable PancakeVegetable CurryVegetable LasagnaPS-MS SandwichHam cheese or Smoked ChickenTuna or SalamiHam cheese or Smoked ChickenTuna or SalamiHam cheese or Smoked ChickenHS SandwichSandwich BarSandwich BarSandwich BarSandwich BarSandwich BarSandwich BarDessertRaisin Butter CakeChocolate CakeLemon CakePlain MuffinBanana CakeNutritional reading : 雪易会分析 Nutritional Recommendation: 資易電Protein 蛋白质 (g) 30Carbohydrate 碾水化合物 (g) 27Fat 電防 (g) 912Satt(mg) 912		Poached Cabbage & Carrot	Rice	French Fries	Rice	Rice
HS Sandwich Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar Sandwich Bar   Dessert Raisin Butter Cake Chocolate Cake Lemon Cake Plain Muffin Banana Cake   Nutritional reading :: Energy 热量(xcal) Protein 量白质(g) Carbohydrate 骤水化合物(g) Fat 副的(g) Salt(mg)   新聞書外分析 803 30 110 27 912   Nutritional Recommendation: 785 30 110 25 900	Vegetarian		Spinach Lasagna	Vegetable Pancake	Vegetable Curry	Vegetable Lasagna
Dessert Raisin Butter Cake Chocolate Cake Lemon Cake Plain Muffin Banana Cake   Nutritional reading : Energy 热量(Kcal) Protein 蛋白质(g) Carbohydrate 碟水化合物(g) Fat 删防(g) Salt(mg)   每層营养分析 803 30 110 27 912   Nutritional Recommendation:  110 25 900	PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicke
Nutritional reading : Energy 热量 (Kcal) Protein 蛋白质 (g) Carbohydrate 硼水化合物 (g) Fat 點防 (g) Salt(mg)   每周营养分析 803 30 110 27 912   Nutritional Recommendation: 25 900	HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
毎周营券分析     803     30     110     27     912       Nutritional Recommendation:           900       营养違议     785     30     110     25     900	Dessert	Raisin Butter Cake	Chocolate Cake	Lemon Cake	Plain Muffin	Banana Cake
	每周营养分析	••••••••				
		785 30	110	25 900		