

BSB SHUNYI MENU

EAT LEARN LIVE	Monday	Tuesday	Wednesday	Thursday	Friday
	15-Jun-20	16-Jun-20	17-Jun-20	18-Jun-20	19-Jun-20
Italian offer & Promotion Day			Dragon Boat Day	Noodle Special Day	Last Day of School Ends at 12pm No lunch
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza	STEAMED STICKY RICE DUMPLING	Chinese Noodle Pork Soy Bean Paste	
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	ROASTED DUCK ROLLSSAUTEED VEGETABLES (CHAO HE CAI)	Chinese Noodle Tomato Egg Sauce	
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee Sauteed Diced Chicken & Vegetable Korean Style Braised Eggplant & Tomato Rice	Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken Light Stir-fried Vegetable Rice	Pumkin Millet Congee Soup Stewed Chicken & Mushroom Mixed vegetables Fried Chinese Pancake & Vegetable	Sweet Sticky Ball With Egg Chashao Pork Spinach & Onion Rice	
	Western Station	Minestrone Soup	Broccoli soup	Onion soup	
		Stewed Beef Italian Style	Roasted Fish Lemon Butter Sauce	Curry Chicken	
Zucchini & Carrot Rice		Mixed vegetables French Fries	Cauliflower Gratin Rice		
Vegetarian	Baked Puff & Stuffed Mushroom Filling	Spinach Lasagna	Vegetable Pancake	Vegetable Curry	
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
Dessert	Raisin Butter Cake	Brownies	Lemon Cake	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)
每周营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900