

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	23-Nov-20	24-Nov-20	25-Nov-20	26-Nov-20	27-Nov-20
Italian offer & Promotion Day			BRITISH DAY	Noodle Special Day	
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza	GREEN PEAS CARROT	Chinese Noodle Pork Soy Bean Paste	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	TRADITIONAL ENGLISH ROASTED PORK ST. PATRIK DAY IRISH COLCANNON	Chinese Noodle Tomato Egg Sauce	Spinach Lasagna
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee Sauteed Diced Chicken & Vegetable Korean Style Stew 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	Mixed Mushroom Soup Pork Meatball & Mushroom Sauce Sauteed Broccoli & Garlic Rice
Western Station	Sweet-corn soup Grilled Pork Steak & Mushroom Brown Sauce Vegetable Samosa Poached Cabbage & Carrot	Minestrone Soup Stewed Beef Italian Style Zucchini & Carrot Rice	Broccoli soup Fish Fillet Mixed vegetables French Fries	Onion soup Curry Chicken Cauliflower Gratin Rice	Potato & Leek Soup Roasted Chicken Drumstick Roasted Pumpkin 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
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 (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