



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	9-Dec-19	10-Dec-19	11-Dec-19	12-Dec-19	13-Dec-19
	CREAMY PUMPKIN SOUP ROASTED CHICKEN WITH CRANBERRY SAUCE ROASTED CHRISTMAS HAM HONEY MUSTARD SAUCE MIXED VEGETABLES ROASTED HERB POTATOES	Tomato & Egg Soup Roasted Chicken Rosemary Mustard Sauce Cheese Pizza Steamed Carrot Sweet Corn	Borscht (luo'song) Soup Roasted Duck With Sweet Sour Sauce Steamed Broccoli Penne Tomato Provence Sauce Rice	Spinach Egg Soup Roasted Chicken With Gravy Sweet Corn & Peas Fussili (No Sauce) Rice	School finishes at 12pm
Bread Or Sandwich	CHEESE SANDWICH	Soft Bread	Cheese Sandwich	Soft Bread	
Halal Food	ROASTED CHICKEN WITH CRANBERRY SAUCE	Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	
Vegetarian	GRILLED MUSHROOM PUFF	N/a	Vegetarian Curry	N/a	
Dessert	CHRISTMAS APPLE TART	Peach Sponge Cake	Chocolate Cake	Chocolate 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)
每周营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800