

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	4/15/2019	4/16/2019	4/17/2019	4/18/2019	4/19/2019
Italian offer & Promotion Day			GREEK DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	LENTIL VEGETABLE SOUP	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	GREEK FALAFEL & HUMUS CHICKPEAS WITH SPINACH	Vegetarian Rice Noodle Soup	Vegetable Lasagna
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup Chicken Curry With Vegetable Braised Winter Melon Alalone Sauce Rice	Tomato & Egg Soup Chinese Dumpling (Pork) Fried Cabbage & Agaric Rice	Sweet Corn Soup Braised Pork Taiwan Style Mixed vegetables Rice	Spinach Egg Soup Chicken Drumstick Fried Guangdong Cabbage Rice	Hot-chilli Soup Yu Xiang Rou Si Sautéed Vegetable Sticks Rice
Western Station	Borscht (luo'song) Soup Pork Meat loaf With Onion Sauce Broccoli Gratin Rice	Creamy mushroom Soup Roasted Chicken With Rosemary Mustard Sauce Onion & Carrot Vegetable Samosa	Creamy Tomato Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese	Onion Soup Pork Goulash Roasted Pumpkin Rice	Minestrone Soup Roasted Cajun Chicken Sautéed Vegetable Sticks Baked Potato Wedges
Vegetarian	Vegetarian Curry	Vegetarian Dumpling	Mixed Beans Steak Mushroom Sauce	Grilled Pepper With Cheese	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	Vanilla muffin	Peach Sponge Cake	Chocolate Cake	Apple Crumble	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)
每周营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800