

# BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	06-Dec-21	07-Dec-21	08-Dec-21	09-Dec-21	10-Dec-21
Italian offer & Promotion Day			<b>CHRISTMAS DAY</b>	<b>Noodle Special Day</b>	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	CHRISTMAS SOUP	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	PUMPKIN SOUP	Vegetarian Rice Noodle Soup	Vegetable Lasagna
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup	Tomato & Egg Soup	ROASTED CHRISTMAS TURKEY	Spinach Egg Soup	Hot-chilli Soup
	Chicken Curry With Vegetable Stewed Winter Melon W/t Dry Shrimp Rice	Chinese Dumpling (Pork) Fried Cabbage & Agaric Rice	CRAMBERRY SAUCE BUTTERED VEGETABLES JACKET POTATOES	Braised Chicken Drumstick Fried Guangdong Cabbage Rice	Yu Xiang Rou Si Fried Dry Tofu Zucchini Rice
Western Station	Borscht (luo'song) Soup	Creamy mushroom Soup	CHRISTMAS HAM	Onion Soup	Minestrone Soup
	Pakistan Roasted Duck Broccoli Gratin Rice	Roasted Chicken With Gravy Onion & Carrot Sweet Corn	HONEY MUSTARD SAUCE BUTTERED VEGETABLES JACKET POTATOES	Pork Goulash Roasted Pumpkin Rice	Slow Cook Chicken Casserole Sautéed Vegetable Sticks Baked Potato Wedges
Vegetarian	Vegetarian Curry	Vegetarian Dumpling	ZERO MEAT RINGS WITH MIXED VEGETABLES	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	CHRISTMAS APPLE TART	Chocolate Cake	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	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800