



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/22/2018	10/23/2018	10/24/2018	10/25/2018	10/26/2018
	Borscht (luo'song) Soup Pork Meat loaf With Onion Sauce Steamed Broccoli Penne Tomato Provence Sauce Baked Potato Wedges	Tomato & Egg Soup Roasted Plain Chicken Cheese Pizza Steamed Carrot Vegetable Samosa	Sweet Corn Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese Rice	Spinach Egg Soup Plain Chicken Sweet Corn & Peas Fussili (No Sauce) Rice	Minestrone Soup Plain Chicken Carrot Stick Boiled potato Spaghetti (bolognese on side)
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Fried Chicken Fillet	Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	Plain Chicken
Vegetarian	Vegetarian Curry	N/a	Cheese Omelet	N/a	Boiled Egg
Dessert	Vanilla muffin	Fruit Cake	Chocolate Cake	Apple Crumble	Banana cake

Nutritional reading : 每周营养分析	Energy 热量 (Kcal) 728	Protein 蛋白质 (g) 30	Carbohydrate 碳水化合物 (g) 98	Fat 脂肪 (g) 24	Salt(mg) 850
Nutritional Recommendation: 营养建议	740	30	100	24	800