



BSB SHUNYI EYFS MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	28-Sep-20	29-Sep-20	30-Sep-20	1-Oct-20	2-Oct-20
	Spinach Egg Soup Roasted Chicken Plain Sauteed Snow Beans Fussili Tomato Sauce Onside Vegetable Dumpling	Green Pea Soup Roasted Chicken Lemon Butter Sauce Vegetable Samosa Steamed Broccoli Carrot Cheese Pizza	Creamy Carrot soup Roasted Pork No Sauce Steamed Cauliflower Steamed Sweet corn & Peas Rice	HOLIDAY	HOLIDAY
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich		
Halal Food	Roasted Chicken Plain	Roasted Chicken No Sauce	Plain Chicken		
Vegetarian	N/a	Vegetable Samosa	Boiled Egg		
Dessert	Butter Cake	Orange Cake	Banana Muffin		

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	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950