



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/28/2018	5/29/2018	5/30/2018	5/31/2018	6/1/2018
	Red Tomato Egg Soup Chicken Nugget Fussili Tomato Provence Sauce On Side poached Carrot Baby corn Rice	Mushroom Soup Plain Chicken Cheese Pizza Steamed Carrot broccoli Mashed Potato	Creamy Tomato soup Roasted Plain Pork Boiled Butter Potatoes Peas & Carrot Rice	Pumpkin Soup Pork Sausage No Bread Roasted Potatoes Margarita Pizza Steamed Cauliflower	Broccoli Soup Roasted Plain Chicken Sweet Corn & Peas Spring rolls Spaghetti (bolognese on side)
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Chicken Nugget	Roasted Plain Chicken	Mushroom Quiché	Roasted Plain Chicken	Roasted Plain Chicken
Vegetarian	N/a	N/a	Mushroom Quiché	Baked Cheese Tortillas	N/a
Dessert	Carrots cake	Apple pie	Brownies	Bread pudding	English 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	687	31	89	23	909
Nutritional Recommendation:					
营养建议	727	30	100	23	800