

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	28-Sep-20	29-Sep-20	30-Sep-20	01-Oct-20	02-Oct-20
Italian offer & Promotion Day			ASIAN FOOD DAY	HOLIDAY	HOLIDAY
	Fussili Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	VIETNAMESE CHICKEN RICE NOODLE SOUP		
	Fussili Tomato Provence Sauce	Mixed Vegetable Salad	BRAISED FISH TOFU WITH QUAIL EGGS MUSHROOM		
Asian From The Wok/Noodle Station	Spinach Egg Soup	Seafood Soup	Winter-melon Dry Shrimp Soup		
	Braised Pork Vegetable	Gongbao Chicken	Fried Sliced Chicken Black pepper Sauce		
	Poached Sichuan Cabbage (gai cai)	Baby Chinese Cabbage Oyster Sauce	Cauliflower & Tomato Sauce		
	Rice	Rice	Rice		
Western Station	Mushroom Soup	Green Pea Soup	Creamy Carrot soup		
	Hawaiian Chicken	Grilled Fish Lemon Butter Sauce	Roasted Pork Honey Mustard Sauce		
	Sweet-corn & Peas	Broccoli & Carrot	Spinach & Onion		
	Brown Rice	Vegetable Samosa	Rice		
Vegetarian	Vegetable Dumpling	Vegetable Samosa	Vegetable Wrap		
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken		
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar		
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)
每厨营养分析	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950