



# BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/27/2019	5/28/2019	5/29/2019	5/30/2019	5/31/2019
Italian offer & Promotion Day			<b>GERMANY DAY</b>	<b>Noodle Special Day</b>	
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza	GERMANY SLICED POTATO SALAD	Chinese Noodle Pork Soy Bean Paste	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	GERMANY ROASTED PORK WITH GRAVY GERMANY SOUR CABBAGE	Chinese Noodle Tomato Egg Sauce	Spinach Lasagna
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee Sauteed Diced Chicken & Vegetable Korean Style Stew Eggplant & Tomato Rice	Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken Light Stir-fried Vegetable Rice	Pumkin Millet Congee Soup Stewed Chicken & Mushroom Fried Chinese Pancake & Vegetable Rice	Sweet Sticky Ball With Egg Chashao Pork Spinach & Onion Rice	Mixed Mushroom Soup Pork Meatball & Mushroom Sauce Sauteed Broccoli & Garlic Rice
Western Station	Sweet-corn soup Grilled Pork Steak & Mushroom Brown Sauce Vegetable Samosa Poached Cabbage & Carrot	Minestrone Soup Stewed Beef Italian Style Zucchini & Carrot Rice	Broccoli soup Fish Fillet French Fries Mixed vegetables	Onion soup Curry Chicken Rice Cauliflower Gratin	Potato & Leek Soup Roasted Chicken Drumstick Roasted Pumpkin Rice
Vegetarian	Baked Puff & Stuffed Mushroom Filling	Spinach Lasagna	Vegetable Pancake	Vegetable Curry	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	Raisin Butter Cake	Brownies	Lemon Cake	Muffin	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)
每周营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900