



# BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/29/2018	10/30/2018	10/31/2018	11/1/2018	11/2/2018
	<p>Red Tomato Egg Soup</p> <p>Chicken Nugget</p> <p>Fussili Tomato Provence Sauce On Side</p> <p>poached Carrot Baby corn</p> <p>Rice</p>	<p>Mushroom Soup</p> <p>Plain Chicken</p> <p>Cheese Pizza</p> <p>Steamed Carrot broccoli</p> <p>Mashed Potato</p>	<p>Creamy Tomato soup</p> <p>Roasted Plain Pork</p> <p>Boiled Butter Potatoes</p> <p>Peas &amp; Carrot</p> <p>Rice</p>	<p>Pumpkin Soup</p> <p>Pork Sausage No Bread</p> <p>Roasted Potatoes</p> <p>Margarita Pizza</p> <p>Steamed Cauliflower</p>	<p>Broccoli Soup</p> <p>Roasted Plain Chicken</p> <p>Sweet Corn &amp; Peas</p> <p>Spring rolls</p> <p>Spaghetti (bolognese on side)</p>
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