

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	27-Sep-21	28-Sep-21	29-Sep-21	30-Sep-21	01-Oct-21
Italian offer & Promotion Day			MOROCCAN DAY	Noodle Special Day	HOLIDAY
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	MOROCCAN LENTIL AND CHICK PEAS SOUP	Beef Noodle Soup	
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	MOROCCAN CHICKEN TAGINE & CRISP BREAD MOROCCAN SPICED ZUCCHINI	Vegetarian Egg Noodle Soup	
Asian From The Wok/Noodle Station	Spinach Egg Soup Chinese BBQ Pork Slice Onion (Tie Ban Chao kao Rou) Poached Sichuan Cabbage (gai cai) Rice	Seafood Soup Gongbao Chicken Baby Chinese Cabbage Oyster Sauce Rice	Winter-melon Dry Shrimp Soup Sautéed Chicken Mushroom Pasta Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Thai Style Bok choy & Dry Tofu (Fu Zhu) With Fugus Rice	
Western Station	Mushroom Soup Hawaiian Roasted Chicken Pineapple Sauce Sweet-corn & Peas Rice	Green Pea Soup Grilled Fish Lemon Butter Sauce Broccoli & Carrot Vegetable Samosa	Creamy Carrot soup Roasted Pork Honey Mustard Sauce Spinach & Onion Rice	Spinach Soup Beef Cottage Pie Green Pea & Carrot Rice	
Vegetarian	Vegetable Dumpling	Vegetable Puff	Vegetable Wrap	Vegetable fried rice	
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	
HS Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
Dessert	Butter Cake	Orange Cake	Banana Muffin	Strawberry Jam Roll	

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