



BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	6-Dec-21	7-Dec-21	CHRISTMAS DAY	9-Dec-21	10-Dec-21
	Borscht (luo'song) Soup Pakistan Roasted Duck Steamed Broccoli Penne Tomato Provence Sauce Rice	Tomato & Egg Soup Roasted Chicken Rosemary Mustard Sauce Cheese Pizza Steamed Carrot Sweet Corn	Pumpkin Soup Roasted Turkey with sauce Christmas Ham Buttered Vegetables Baked Potatoes	Spinach Egg Soup Roasted Chicken With Gravy Sweet Corn & Peas Fussili (No Sauce) Rice	Minestrone Soup Plain Chicken Carrot Stick Boiled potato Potato Wedges
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Fried Chicken Fillet	Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	Plain Chicken
Vegetarian	Vegetarian Curry	N/a	Cheese Omelet	N/a	Boiled Egg
Dessert	Vanilla muffin	Peach Sponge Cake	CHRISTMAS APPLE TART	Chocolate Cake	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	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800