



BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/29/2018	10/30/2018	10/31/2018	11/1/2018	11/2/2018
Italian offer & Promotion Day			KOREAN DAY	Noodle Special Day	
	Fussili Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	비빔밥 KOREAN VEGETABLE RICE MIX	Shan'xi Noodles Stewed Pork Sauce	Spaghetti
	Fussili Tomato Provence Sauce	Mixed Vegetable Salad	돼지갈비 KOREAN GRILLED BBQ PORK	Vegetarian Noodle Soup	Beef Bolognaise Sauce & Mushroom sauce
Asian From The Wok/Noodle Station	Red Tomato Egg Soup	Seaweed Soup	된장찌개 KOREAN VEGETABLE SOUP	Pork Meat ball & Radish Soup	Tremella lotus soup
	Steamed Fish Soy-sauce	Jiang Bao Chicken	Fried Sliced Chicken Vegetables	Roasted Chicken Lemon Grass Paste	Ham & Bacon Fried Rice
	Sauteed Baby cabbage	Sauteed Potato Carrot	Ratatouille	Light Stir-fried Cauliflower	Sautéed Tomato & Egg
	Rice	Rice	Rice	Rice	Spring rolls
Western Station	Potato Leek Soup	Mushroom Soup	Creamy Tomato soup	Pumpkin Soup	Broccoli Soup
	Chicken Nugget	Grilled Pork Sausage With Fried Onions	Roasted Porklion Black Pepper Sauce	Hot Dog(Pork Sausage)	Tendori Chicken
	Rice	Mashed Potatoes	Roasted Sweet Potatoes	Roasted Potato Cubes	Rice
	Fried Carrot & Baby corn	Sauteed Sour Cabbage	Ratatouille	Baked Beans	Fried Celery
Vegetarian	Beans Ball Tomato Sauce	Vegetarian Noodles	Mushroom Quiché	Baked Tortillas	Vegetable Fried Rice
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	Carrots cake	Apple pie	Brownies	Bread pudding	English muffin

Nutritional reading : 每周营养分析	Energy 热量 (Kcal) 687	Protein 蛋白质 (g) 31	Carbohydrate 碳水化合物 (g) 89	Fat 脂肪 (g) 23	Salt(mg) 909
Nutritional Recommendation: 营养建议	727	30	100	23	800