

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	07-Dec-20	08-Dec-20	09-Dec-20	10-Dec-20	11-Dec-20
Italian offer & Promotion Day	CHRISTMAS LUNCH			Noodle Special Day	
	PUMPKIN SOUP	Pork Pizza & Cheese Pizza	Penne Carbonara sauce (bacon & mushroom)	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	CHRISTMAS HAM & TURKEY	Mixed Vegetable Salad	Penne Tomato Provence Sauce	Vegetarian Rice Noodle Soup	Vegetable Lasagna
Asian From The Wok/Noodle Station	PUMPKIN SOUP	Tomato & Egg Soup	Sweet Corn Soup	Spinach Egg Soup	Hot-chilli Soup
	CHRISTMAS HAM & TURKEY	Chinese Dumpling (Pork)	Braised Pork Taiwan Style	Chicken Drumstick	Yu Xiang Rou Si
	GREEN PEAS & CARROT	Fried Cabbage & Agaric	Mixed Vegetables	Fried Guangdong Cabbage	Sautéed Vegetable Sticks
	ROASTED POTATOES & SOUR CREAM , BACON , SPRING ONION	Rice	Rice	Rice	Rice
Western Station	PUMPKIN SOUP	Creamy mushroom Soup	Creamy Tomato Soup	Onion Soup	Minestrone Soup
	CHRISTMAS HAM & TURKEY	Roasted Chicken With Rosemary Mustard Sauce	Fried Chicken Fillet	Pork Goulash	Slow Cook Chicken Casserole
	SPINACH QUICHE	Onion & Carrot	Mixed vegetables	Roasted Pumpkin	Sautéed Vegetable Sticks
	ROASTED POTATOE CUBES	Sweet Corn	Baked Potato & Cheese	Rice	Baked Potato Wedges
Vegetarian	SPINACH QUICHE	Vegetarian Dumpling	Mixed Beans Steak Mushroom Sauce	Grilled Pepper With Cheese	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	CHRISTMAS APPLE TART	Peach Sponge Cake	Chocolate Cake	Apple Crumble	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)
每厨营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800