

BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	08-Apr-24	09-Apr-24	10-Apr-24	11-Apr-24	12-Apr-24
Italian offer & Promotion Day			ITALIAN DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	CAESAR SALAD WITH FACACCIA BREAD	Beef Noodle Soup	Spaghetti Bolognese Sauce
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	BAKED CHICKEN MUSHROOM SHRIMP RISOTTO WITH CHEESE	Vegetarian Egg Noodle Soup	Spaghetti Z-rou Bolognese
Asian From The Wok/Noodle Station	Spinach Egg Soup Chinese BBQ Pork Slice Onion (Tie Ban Chao kao Rou) Bok choy & Carrot With Fugus Rice	Seafood Soup Gongbao Chicken Poached Chinese Cabbage w/t Mushroom Bamboo Shoot Rice	Winter-melon Dry Shrimp Soup Sauteed Chicken Mushroom Pasta Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Thai Style Poached Sichuan Cabbage (gai cai) Rice	Noodle Vegetable Soup Mu'xu Chicken w/t Egg Cucumber Sauteed Potatoes With Green Pepper 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	Creamy Pumpkin Soup Picata Chicken Grilled Vegetable Rice
Vegetarian (Egg, Dairy)	Vegetable Dumpling	Gongbao Tofu Vegetables	Vegetable Mushroom Pasta	Z-rou Cottage Pie	Spaghetti Z-rou bolognese
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	Butter Cake	Orange Cake	Banana Muffin	Strawberry Cake	Peach pie

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	746	33	95	26	1059
Nutritional Recommendation:					
营养建议	745	30	100	25	950

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	15-Apr-24	16-Apr-24	17-Apr-24	18-Apr-24	19-Apr-24
Italian offer & Promotion Day			KOREAN DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	KOREAN KIM CHI	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	KOREAN FRIED CHICKEN WITH SWEET CHILI PASTE KOREAN VEGETABLE NODDLE HOT POT (SEAFOOD , PORK)	Vegetarian Rice Noodle Soup	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup Sauteed Duck w/t Mushroom Sweet Soy Paste (Jiangbao Duck) Stewed Winter Melon W/t Dry Shrimp Rice	Tomato & Egg Soup Chinese Dumpling (Pork) Fried Dry Tofu Zucchini Rice	Sweet Corn Soup Braised Pork Taiwan Style Fried Triangle Tofu Vegetables (Jia Chang Dou Fu) Rice	Hot-chilli Soup Roasted Chicken Drumstick Fried Guangdong Cabbage Rice	Spinach Egg Soup Yu Xiang Rou Si Fried Cabbage & Agaric Rice
Western Station	Borscht (luo'song) Soup Chicken Curry With Vegetable Broccoli Gratin Rice	Creamy mushroom Soup Roasted Chicken With Gravy Onion & Carrot Sweet Corn	Creamy Tomato Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese	Onion Soup Pork Goulash Roasted Pumpkin Rice	Minestrone Soup Slow Cook Chicken Casserole Sautéed Vegetable Sticks Baked Potato Wedges
Vegetarian (Egg , Dairy)	Vegetarian Curry With Dry Tofu	Vegetarian Dumpling	Braised Tofu Taiwan Style	Z-rou Vegetable Goulash	Z-rou (Soy protein) 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	Vanilla muffin	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)
每周营养分析	728	30	98	24	850
Nutritional Recommendation:					
营养建议	740	30	100	24	800

BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	22-Apr-24	23-Apr-24	24-Apr-24	25-Apr-24	26-Apr-24
Italian offer & Promotion Day			INDIAN DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	INDIAN LENTILS SOUP	Shan'xi Noodles Stewed Pork Sauce	Spaghetti Beef Bolognese
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	INDIAN CHICKEN VINDALOO INDIAN ALOO BROCCOLI SABZI	Vegetarian Noodle Soup	Spaghetti Z-rou Bolognese
Asian From The Wok/Noodle Station	Red Tomato Egg Soup Steamed Fish Soy-sauce Sauteed Potato Carrot Custard Bun	Seaweed Soup Korean Fried Chicken Vegetables Sauteed Green Vegetables (You mai cai) Rice	Korean Vegetable Soup Sauteed Chicken w/t Pepper Oyster Sauce Light Stir-fried Cauliflower Rice	Tremella lotus soup Roasted Chicken Lemon Grass Paste Stewed Radish Oyster Sauce Rice	Pork Meat ball & Radish Soup Fried Egg With Ham Vegetable Rice Sautéed Tomato & Egg Rice
Western Station	Potato Leek Soup Fried Chicken Pop Corn Sauteed Sour Cabbage Rice	Mushroom Soup Roasted Porklion Onion Garlic Mushroom on top Fried Carrot & Baby corn Sauteed Vegetable Noodles	Creamy Tomato Soup Hot Dog(Pork Sausage) Roasted Potato Cubes Baked Beans	Pumpkin Soup Roasted Porklion BBQ Sauce Ratatouille Roasted Sweet Potatoes	Broccoli Soup Tendori Chicken Mixed Vegetable Gratin Rice
Vegetarian (Egg , Dairy)	Z-rou Beanballs With Gravy	Sauteed Vegetable Noodles (No Egg)	Mixed Bean Burger	Vegetable Wraps	Spaghetti Z-rou bolognese
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 :	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