

# BSB SHUNYI MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	23-May-22	24-May-22	25-May-22	26-May-22	27-May-22
Italian offer & Promotion Day			<b>KOREAN FOOD DAY</b>	<b>Noodle Special Day</b>	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	KOREAN FRIED CHICKEN (CHILI PASTE)	Beef Noodle Soup	Spaghetti
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	BIBIMBAP & KIM CHI (KOREAN VEGETABLE RICE WITH PORK CHILI PASTE)	Vegetarian Egg Noodle Soup	Bolognese Sauce & Mushroom sauce
Asian From The Wok/Noodle Station	Spinach Egg Soup	Seafood Soup	<b>KOREAN VEGETABLE SOUP</b>	Zucchini Egg Soup	Noodle Vegetable Soup
	Chinese BBQ Pork Slice Onion (Tie Ban Chao kao Rou)	Gongbao Chicken	Sauteed Chicken Mushroom Pasta	Roasted Chicken Thai Style	Sliced Chicken With Egg Cucumber (Mu'xu rou)
	Poached Sichuan Cabbage (gai cai)	Baby Chinese Cabbage Oyster Sauce	Cauliflower & Tomato Sauce	Bok choy & Dry Tofu (Fu Zhu) With Fugus	Sauteed Potatoes With Green Pepper
	Rice	Rice	Rice	Rice	Rice
Western Station	Mushroom Soup	Green Pea Soup	Creamy Carrot soup	Spinach Soup	Creamy Pumpkin Soup
	Hawaiian Roasted Chicken Pineapple Sauce	Grilled Fish Lemon Butter Sauce	Roasted Pork Honey Mustard Sauce	Beef Cottage Pie	Picata Chicken
	Sweet-corn & Peas	Broccoli & Carrot	Spinach & Onion	Green Pea & Carrot	Grilled Vegetable
	Rice	Vegetable Samosa	Rice	Rice	Rice
Vegetarian	Vegetable Dumpling	Vegetable Puff	Vegetable Wrap	Vegetable fried rice	Spinach Quiché
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 Jam Roll	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