



# BSB SHUNYI EYFS MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	30-May-22	31-May-22	1-Jun-22	2-Jun-22	3-Jun-22
	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	Sweet Corn Soup Fried Chicken Fillet Mixed vegetables Baked Potato & Cheese Rice	Spinach Egg Soup Roasted Chicken With Gravy Sweet Corn & Peas Fussili (No Sauce) Rice	<b>HOLIDAY</b>
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	
Halal Food	Fried Chicken Fillet	Roasted Plain Chicken	Fried Chicken Fillet	Plain Chicken	
Vegetarian	Vegetarian Curry	N/a	Cheese Omelet	N/a	
Dessert	Vanilla muffin	Peach Sponge Cake	Chocolate Cake	Apple Crumble	

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