

# BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Italian offer & Promotion Day	04-Mar-24	05-Mar-24	06-Mar-24	07-Mar-24	08-Mar-24
			CHINESE DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	POTATO CARROT SALAD	Beef Noodle Soup	Spaghetti Bolognaise Sauce
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	BRAISED CHOPPED PORK SAUTEED MIXED VEGETABLE WITH EGG CHINESE PANCAKE	Vegetarian Egg Noodle Soup	Spaghetti Z-rou Bolognaise
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 Z-rou Rings	Vegetable Mushroom Pasta	Z-rou Cottage Pie	Spaghetti Z-rou bolognaise
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 : 每周营养分析 Nutritional Recommendation: 营养建议					
Energy 热量 (Kcal)		Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
746		33	95	26	1059
745		30	100	25	950
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# BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	11-Mar-24	12-Mar-24	13-Mar-24	14-Mar-24	15-Mar-24
Italian offer & Promotion Day			SPANISH DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	SPANISH GAZPACHO - COLD SOUP WITH BREAD	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	SPANISH PAELLA - SEAFOOD RICE GRILLED VEGETABLES OLIVE & CHEESE	Vegetarian Rice Noodle Soup	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station	Mushroom Bean curd Soup Sautéed Duck w/t mushroom Sweet Soy Paste (Jiangbao Sauce) 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	Spinach Egg Soup Roasted Chicken Drumstick Fried Guangdong Cabbage Rice	Hot-chilli 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 : 每周营养分析 Nutritional Recommendation: 营养建议					
Energy 热量 (Kcal)		Protein 蛋白质 (g)	Carbohydrate 碳水化合物 (g)	Fat 脂肪 (g)	Salt(mg)
728		30	98	24	850
740		30	100	24	800

# BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	18-Mar-24	19-Mar-24	20-Mar-24	21-Mar-24	22-Mar-24
Italian offer & Promotion Day			<b>GREEK DAY</b>	<b>Noodle Special Day</b>	
	Fusilli Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	FASSOLADA - GREEK WHITE BEAN SOUP	Shan'xi Noodles Stewed Pork Sauce	Spaghetti Beef Bolognese
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	GREEK SALAD PITA BREAD WITH GREEK FALAFEL HUMMOUS PASTE	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

# BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	25-Mar-24	26-Mar-24	27-Mar-24	28-Mar-24	29-Mar-24
Italian offer & Promotion Day			ASIAN FOOD DAY	Noodle Special Day	
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza	BAK KUT THE (STEWED PORK MUSHROOM TOFU)	Chinese Noodle Pork Soy Bean Paste	Beef Lasagna
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	SAUTEED WATER SPINACH SINGAPORE FIRED SEAFOOD NOODLES	Chinese Noodle Tomato Egg Sauce	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee Pineapple Chicken Peppers (Bo Lou Gu Lao Rou) Stew Eggplant & Tomato Rice	Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken Light Stir-fried Vegetable Rice	Pumkin Millet Congee Soup Pork Meatball & Mushroom Sauce Bean Sprout With Sweet Potato Noodles Rice	Sweet Sticky Ball With Egg Light Stewed Chicken Vegetables Spinach & Onion Rice	Mixed Mushroom Soup Chashao Pork Sauteed Fired Tofu w/t Mushroom Bamboo Shoot Fried Chinese Pancake & Vegetable
Western Station	Sweet-corn soup Roasted Pork loin & Mushroom Brown Sauce Poached Cabbage & Carrot Spring Rolls	Minestrone Soup Stewed Beef Italian Style Zucchini & Carrot Rice	Broccoli soup Roasted Chicken Drumstick Mixed vegetables Roasted potato Cubes	Onion soup Grilled Pork Steak With Rosemary Sauce Cauliflower Gratin Rice	Potato & Leek Soup Curry Chicken Roasted Pumpkin Rice
Vegetarian (Egg, Dairy)	Pineapple Z-rou Nuggets Vegetables (Sweet Sour Sauce)	Fried Tofu Vegetable Stew	Z-rou Ball Mushroom Sauce	Dry Tofu Mushroom Stew	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	Raisin Butter Cake	Chocolate Cake	Lemon Cake	Plain Muffin	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)
每餐营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900