



THE BRITISH SCHOOL
OF BEIJING, SHUNYI
A NORD ANGLIA EDUCATION SCHOOL

BSB SHUNYI EYFS MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	4-Mar-24	5-Mar-24	6-Mar-24	7-Mar-24	8-Mar-24
	Spinach Egg Soup Hawaiian chicken Pineapple Sauce Sweet-corn & Peas Fussili Tomato Sauce	Green Pea Soup Fried Chicken Vegetable Tomato Sauce Sauteed Broccoli Carrot Pork Sausage Pizza	Creamy Carrot soup Roasted Pork Honey Mustard Sauce Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Teriyaki Sauce Beef Cottage Pie Green Pea with Carrot	Noodle Vegetable Soup Mu'xu Chicken W/t Egg Cucumber Spaghetti Bolognese Sauce on side Sauteed Potato With Green Pepper
Bread Or Sandwich	Cheese Sandwich	Daily Bread	Ham Cheese Sandwich	Daily Bread	Cheese Sandwich
Halal Food	Hawaiian chicken Pineapple Sauce	Fried Chicken Vegetable Tomato Sauce	Sauteed Chicken Mushroom Pasta	Roasted Chicken Teriyaki Sauce	Mu'xu Chicken W/t Egg Cucumber
Vegetarian	Fussili Tomato Sauce	Sweet Sour Z-rou Nugget	Vegetable Mushroom Pasta	Z-rou Cottage Pie	Spaghetti Z-rou Bolognese
Dessert	Butter Cake	Orange Cake	Banana Muffin	Strawberry Jam 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					
EAT LEARN LIVE Chartwells www.compass-group.com.cn					



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	Monday	Tuesday	Wednesday	Thursday	Friday
	11-Mar-24	12-Mar-24	13-Mar-24	14-Mar-24	15-Mar-24
	Borscht (luo'song) Soup Sauteed Duck w/t Mushroom Sweet Soy Paste Sauteed Broccoli Penne Tomato Provence Sauce	Tomato & Egg Soup Chinese Dumpling (Pork) Sweet Corn Fried Dry Tofu Zucchini	Sweet Corn Soup Fried Chicken Fillet Mixed vegetables Rice	Spinach Egg Soup Braised Pork Potato Carrot Fried Guangdong Cabbage Chicken Mushroom Rice Noodles	Minestrone Soup Slow Cook Chicken Casserole Fried Cabbage & Agaric Rice
Bread Or Sandwich	Cheese Sandwich	Daily Bread	Chicken Sandwich	Daily Bread	Cheese Sandwich
Halal Food	Sauteed Duck w/t Mushroom Sweet Soy Paste	Vegetarian Dumpling	Fried Chicken Fillet	Chicken Mushroom Rice Noodles	Slow Cook Chicken Casserole
Vegetarian	Vegetarian Curry w/t Tofu	Vegetarian Dumpling	Braised Tofu Taiwan Style	Vegetarian Rice Noodles	Z-rou Lasagna
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					
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	Monday	Tuesday	Wednesday	Thursday	Friday
	18-Mar-24	19-Mar-24	20-Mar-24	21-Mar-24	22-Mar-24
	Red Tomato Egg Soup Fried Chicken Fingers Fussili Tomato Provence Sauce On Side Sauteed Potato Carrot	Mushroom Soup Roasted Pork Mushroom Sauce Sauteed Vegetable noodles Fried Carrot Baby corn	Creamy Tomato soup Pork Sausage Light Sitr-fried Cauliflower Baked Beans	Pumpkin Soup Roasted Porklion BBQ Sauce Stewed Radish Oyster Sauce Margarita Pizza	Broccoli Soup Tendori Chicken Sauteed Mixed Vegetables Beef Bolognaise (No Pasta)
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Ham Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Chicken Finger	Roasted Plain Chicken	Chiken Sausage	Roasted Chicken BBQ Sauce	Tendori Chicken
Vegetarian	Z-rou Meatball With Gravy	Sauteed Vegetable Noodles	Mixed Beans Burger	Vegetable Wraps	Vegetable Rice
Dessert	Carrots cake	Apple Pie	Brownies	Bread pudding	English muffin
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)
	687	31	89	23	909
	727	30	100	23	800

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	Monday	Tuesday	Wednesday	Thursday	Friday
	25-Mar-24	26-Mar-24	27-Mar-24	28-Mar-24	29-Mar-24
	Sweet-corn soup Roasted Pork Mushroom Sauce Poached Cabbage Carrot Spring Rolls	Vegetable Stock Soup Roasted Teriyaki Chicken Zucchini Carrot Pork Salami Pizza	Broccoli soup Roasted Chicken leg w/t Gravy Mixed Vegetables Rice	Onion soup Light Stewed Chicken Vegetables Cauliflower Chinese Noodles w/t Fried Pork Soy Bean Paste	Potato & Leek Soup Chashao Pork Sauteed Tofu w/t mushroom Bamboo Shoot Fired Chinese Pancake W/t Vegetables
Bread Or Sandwich	Cheese Sandwich	Soft Bread	Cheese Sandwich	Soft Bread	Cheese Sandwich
Halal Food	Pineapple Chicken pepper	Roasted Teriyaki Chicken	Roasted Chicken leg w/t Gravy	Light Stewed Chicken Vegetables	Curry Chicken
Vegetarian	Pinapple Z-rou Nugget w/t Sauce	Fried Tofu Vegetable Stew	Z-rou Ball Mushroom Sauce	Tomato Egg Noodles	Z-rou Vegetable Lasagna
Dessert	Raisin Butter Cake	Chocolate Cake	Lemon Cake	Muffin	Banana Cake
Nutritional reading : 每周营养分析 Nutritional Recommendation: 营养建议					
	Energy 热量 (Kcal) 803	Protein 蛋白质 (g) 30	Carbohydrate 碳水化合物 (g) 110	Fat 脂肪 (g) 27	Salt(mg) 912
	785	30	110	25	900