



# BSB SHUNYI MENU

EAT LEARN LIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
	03-Jun-24	04-Jun-24	05-Jun-24	06-Jun-24	07-Jun-24
Italian offer & Promotion Day			<b>ASIAN DAY</b>	<b>Noodle Special Day</b>	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	VIETNAMESE BRAISED FISH TOFU WITH QUAIL EGGS	Beef Noodle Soup	Spaghetti Bolognese Sauce
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	BRAISED BASIL CHICKEN WITH ONION & GARLIC POACHED LETTUCE SOY SAUCE	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 with 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)
每周营养分析	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
	10-Jun-24	11-Jun-24	12-Jun-24	13-Jun-24	14-Jun-24
Italian offer & Promotion Day	Holiday		NO MEAT DAY	Noodle Special Day	
		Pork Pizza & Cheese Pizza	KOREAN SAUTEED STICKY RICE STICK	Chicken Mushroom Rice Noodle Soup	Beef Lasagna
		Mixed Vegetable Salad	VEGETARIAN WRAPS SAUTEED MIXED MUSHROOM TOFU CHINESE CABBAGE	Vegetarian Rice Noodle Soup	Z-rou Vegetable Lasagna
Asian From The Wok/Noodle Station		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		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 Dumpling	Braised Tofu Taiwan Style	Z-rou Vegetable Goulash	Z-rou (Soy protein) Vegetable Lasagna
PS-MS Sandwich		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
Dessert		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
	17-Jun-24	18-Jun-24	19-Jun-24	20-Jun-24	21-Jun-24
Italian offer & Promotion Day			THAI FOOD DAY	Noodle Special Day	
	Fusilli Pesto Sauce	Hawaiian Chicken Pizza & Cheese Pizza	THAI TOM YUM SOUP	Shan'xi Noodles Stewed Pork Sauce	Spaghetti Beef Bolognese
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	THAI CHICKEN CAKES WITH SWEET CHILI SAUCE THAI TOFU AND PUMPKIN CURRY	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
	24-Jun-24	25-Jun-24	26-Jun-24		
Italian offer & Promotion Day			Last day of school ends at 12pm No lunch	Holiday	Holiday
	Penne Pork Carbonara sauce (Bacon & Mushroom)	Pork Salami Pizza & Cheese Pizza			
	Penne Tomato Provence Sauce	Mixed Vegetable Salad			
Asian From The Wok/Noodle Station	Minced Chicken Vegetable Congee	Dry-Shrimp Baby Cabbage Soup			
	Pineapple Chicken Peppers (Bo Lou Gu Lao Rou)	Roasted Teriyaki Chicken			
	Stew Eggplant & Tomato	Light Stir-fried Vegetable			
	Rice	Rice			
Western Station	Sweet-corn soup	Minestrone Soup			
	Roasted Pork loin & Mushroom Brown Sauce	Stewed Beef Italian Style			
	Poached Cabbage & Carrot	Zucchini & Carrot			
	Spring Rolls	Rice			
Vegetarian (Egg, Dairy)	Pineapple Z-rou Nuggets Vegetables (Sweet Sour Sauce)	Fried Tofu Vegetable Stew			
PS-MS Sandwich	Ham cheese or Smoked Chicken	Tuna or Salami			
HS Sandwich	Sandwich Bar	Sandwich Bar			
Dessert	Raisin Butter Cake	Chocolate 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)
每厨营养分析	803	30	110	27	912
Nutritional Recommendation:					
营养建议	785	30	110	25	900