

# MENU

# BSB Shunyi Lunch Menu

**Nutritional Facts**

营养分析:

Nutritional Recommendation:

营养摄入建议

**Energy (Kcal)**

1282

**Energy (Kcal)**

1300

**Protein (g)**

43

**Protein (g)**

50

**Carbohydrate (g)**

165

**Carbohydrate (g)**

162

**Fat (g)**

50

**Fat (g)**

50

**thinkgreen**  
FOR YOU FOR THE PLANET

by **sodexo**

	<b>MONDAY</b> 2025-06-02	<b>TUESDAY</b> 2025-06-03	<b>WEDNESDAY</b> 2025-06-04	<b>THURSDAY</b> 2025-06-05	<b>FRIDAY</b> 2025-06-06
<b>Italian offer &amp; Promotion Day</b>			NO MEAT DAY	Noodle Special Day	
		Pork Salami Pizza & Cheese Pizza	SAUTEED RICE STICK KOREAN CHILI PASTE	Chinese Noodle Pork Soybean Paste	Beef Lasagna
		Mixed Vegetable Salad	BRAISED TOFU & MUSHROOM GRILLED PASTA WITH CHEESE	Chinese Noodle Tomato Egg Sauce	Z-Rou Vegetable Lasagna
<b>Asian From The Wok/Noodle Station</b>	<b>Holiday</b>	Dry-Shrimp Baby Cabbage Soup Roasted Teriyaki Chicken with Sauce Light Stir-fried Vegetable Rice	Pumkin Millet Congee Soup Braised Pork with Bamboo Shoot Potatoes Baby Cabbage Mushroom Rice	Sweet Sticky Ball With Egg Steamed Chicken with Mushroom Dry Tofu Stick with Luffa Rice	Mixed Mushroom Soup Fried Crisp Chicken Stick Sweet Sour Sauce Sauteed Tofu & Mushroom Bamboo Shoot Fried Chinese Pancake & Vegetable
<b>Western Station</b>	<b>Holiday</b>	Minestrone Soup Stewed Beef Italian Style Zucchini & White Mushroom Fried dough stick Rice	Broccoli soup Roasted Chicken Drumstick Mixed vegetables Potato Mashed & Blueberry Sauce	Onion soup Sauteed Beef with Mushroom Pepper Cauliflower Gratin Rice	Potato & Leek Soup Curry Chicken Roasted Pumpkin Rice
<b>Vegetarian</b>		Fried Tofu Vegetable Stew	Grilled Stuffed Mushroom	Dry Tofu Mushroom Stew	Z-Rou Vegetable Lasagna
<b>PS-MS Sandwich</b>		Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
<b>HS Sandwich</b>		Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
<b>Dessert</b>		Chocolate Cake	Lemon Cake	Plain Muffin	Banana Cake

# MENU

## BSB Shunyi Lunch Menu



**Nutritional Facts**

营养分析:

**Nutritional Recommendation:**

营养摄入建议

**Energy (Kcal)**

1282

**Energy (Kcal)**

1300

**Protein (g)**

43

**Protein (g)**

50

**Carbohydrate (g)**

165

**Carbohydrate (g)**

162

**Fat (g)**

50

**Fat (g)**

50

	<b>MONDAY</b> 2025-06-09	<b>TUESDAY</b> 2025-06-10	<b>WEDNESDAY</b> 2025-06-11	<b>THURSDAY</b> 2025-06-12	<b>FRIDAY</b> 2025-06-13
<b>Italian offer &amp; Promotion Day</b>			ASIAN FOOD DAY	<b>Noodle Special Day</b>	
	Fusilli Pesto Sauce	Italian Sausage Pizza & Cheese Pizza	JAPANESE RAMEN NOODLES (PORK)	Beef Noodle Soup	Spaghetti Bolognese Sauce
	Fusilli Tomato Provence Sauce	Mixed Vegetable Salad	JAPANESE UDON VEGETABLES	Vegetarian Egg Noodle Soup	Spaghetti Z-Rou Bolognese
<b>Asian From The Wok/Noodle Station</b>	Spinach Egg Soup Chinese BBQ Pork Slice Onion(Tie Ban Chao Kao Rou) Bok choy & Carrot With Fugus Rice	Seafood Soup Gong Bao Chicken Sweet Sour Chinese Cabbages Rice	Winter-melon Dry Shrimp Soup Sauteed Chicken Mushroom Pasta Cauliflower & Tomato Sauce Rice	Zucchini Egg Soup Roasted Chicken Thai Style White & Black Mushroom with Choy Sum Dry tofu Rice	Noodle Vegetable Soup Mu'xu Chicken w/t Egg Cucumber Sauteed Potatoes With Green Pepper Rice
<b>Western Station</b>	Mushroom Soup Pan-Fried Chicken Hawaiian Pineapple Sauce Grilled Sweet-corns with Cheese Rice	Green Pea Soup French Grilled Fish Tomato Creamy Sauce Broccoli & Carrot	Creamy Carrot soup Roasted Sliced Pork Honey Mustard Sauce Spinach Quiche (Egg, Onion) Rice	Spinach Soup Beef Cottage Pie Green Pea Lotus Root & Carrot Rice	Creamy Pumpkin Soup Picata Chicken Provence's Baked Vegetables Rice
<b>Vegetarian</b>	Pan-fried Vegetable Tofu with Chinese BBQ Sauce	Gong Bao Tofu Vegetables	Vegetable Mushroom Pasta	Z-Rou Cottage Pie	Spaghetti Z-Rou bolognese
<b>PS-MS Sandwich</b>	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken
<b>HS Sandwich</b>	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
<b>Dessert</b>	Butter Cake	Peach pie	Banana Muffin	Orange Cake	Strawberry Jam Cake

# MENU

# BSB Shunyi Lunch Menu

### Nutritional Facts

营养分析:

Nutritional Recommendation:

营养摄入建议

Energy (Kcal)

1282

Energy (Kcal)

1300

Protein (g)

43

Protein (g)

50

Carbohydrate (g)

165

Carbohydrate (g)

162

Fat (g)

50

Fat (g)

50



by *sodexo*

	MONDAY 2025-06-16	TUESDAY 2025-06-17	WEDNESDAY 2025-06-18	THURSDAY 2025-06-19	FRIDAY 2025-06-20
<b>Italian offer &amp; Promotion Day</b>			MEXICAN DAY	Noodle Special Day	
	Penne Carbonara sauce (bacon & mushroom)	Pork Pizza & Cheese Pizza	MEXICAN WHITE BEAN SOUP	Chicken Mushroom Rice Noodle Soup	
	Penne Tomato Provence Sauce	Mixed Vegetable Salad	MEIXICAN CHICKEN WRAP MEXICAN VEGETABLE STEW	Vegetarian Rice Noodle Soup	
<b>Asian From The Wok/Noodle Station</b>	Sautéed Chicken Vegetables Stewed Winter Melon W/t Dry Shrimp Rice	Tomato & Egg Soup Chinese Dumpling ( Pork ) Fried Dry Tofu Celery Rice	Sweet Corn Soup Stewed Pork Taiwan Style Braised Diced Tofu with Chive Rice	Hot-chili Soup Sautéed Mince Pork with Potatoes Poached Lettuce Oyster Sauce Steamed Twisted Rolls	
<b>Western Station</b>	Borscht (Luo' song) Soup Fried Chicken Fillet Montreal Baked Mini Potato & Broccoli Rice	Creamy mushroom Soup Roasted Chicken With Fresh Thyme Garlic Sauce Sweet Corn on Cob Rice	Creamy Tomato Soup Chicken Curry With Vegetable Mixed vegetables Baked Potato & Cheese	Onion Soup Roasted BBQ Diced Chicken Baked Sliced Pumpkin Rice	
<b>Vegetarian</b>	Sautéed Vegetable & Mushroom	Vegetarian Dumpling	Vegetarian Curry With Tofu	Z-Rou Vegetable Goulash	
<b>PS-MS Sandwich</b>	Ham cheese or Smoked Chicken	Tuna or Salami	Ham cheese or Smoked Chicken	Tuna or Salami	
<b>HS Sandwich</b>	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
<b>Dessert</b>	Vanilla muffin	Peach Sponge Cake	Chocolate Cake	Apple Crumble	