

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 04/11/2024 - 08/11/2024

weekly menu

Date	Monday, 04/11/24	Tuesday, 05/11/24	Wednesday, 06/11/24	Thursday, 07/11/24	Friday, 08/11/24
<b>Soup</b>	Roasted Tomato Soup	Doenjang Jjigae	Mixed Bean Soup	Lentils & Tomato Soup	Cream Corn Soup
<b>Main Dish 1</b>	Salami Pizza with Chips	Korean Poasted Pork	Chicken Fajita with Roasted Potatos	Butter Chicken with Steam Rice	Banger and Mash with Gravy
<b>Main Dish 2</b>	Beef Stir Fry with Green Beans & Water Chesnuts	Korean Mixed Rice	Sauteed Chicken with Leek & Peppes	Stir Fried Pork with Smoked Tofu & Veggies	Thai Fried Rice with Pork & Basil
<b>Vegetarian Option</b>	Margherita Pizza with Chips	Stir fried Tofu with Kimchi	Veggies Fajita with Roasted Potatos	Aloo Gobi with Chickpea Biryani	Mixed Viggies Pie
<b>Vegetable Sides</b>	Broccoli/Sauteed Pak Choi	Cauliflower & Carrots/Sauteed Lettuce	Roast Veggie Mix/Sauteed Cabbage	Grilled Zucchiniies /Sateed Water Spinach	Sauteed Winter Melon/Sauteed Greens
<b>Noodle Station (Primary Canteen)</b>	Fish Dumpling Rice Noodles				
<b>Sandwich Special(Secondary)</b>	Bacon & Egg Salad				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):744  
Fat (g):23

Protein (g): 24  
Carbohydrate (g):115



## The British School of Guangzhou - Weekly Menu

Lunch Set Menu 11/11/2024 -15/10/2024

weekly menu

Date	Monday, 11/11/23	Tuesday, 12/11/23	Wednesday, 13/11/23	Thursday, 14/11/23	Friday, 15/11/23
<b>Soup</b>	Minestrone Soup	Mushroom Soup	Hot & Sour Soup	Green Pea Soup	Miso Soup
<b>Main Dish 1</b>	Pasta Bolognese with Garlic Bread	Grilled chicken in caramelised onion & lemon sauce with Roasted Potato	Beef patties in Tomato Sauce with Pasta	Schnitzel with Tomato & Cheese Baked Conchiglie	Teriyaki Chicken with Steamed Rice
<b>Main Dish 2</b>	Chinese BBQ Pork with Steamed Rice	Braised Beef with Rice Noodles	Green Beans with Minced Pork Stir Fry	Steamed Chicken with Mushrooms	Sauteed Pork with Lotus & Veggies
<b>Vegetarian Option</b>	Z-Rou Meatballs in Tomato Sauce with Pasta & Garlic Bread	Quinoa & Califlower Patties with Mushroom Sauce	Vegetarian Dumplings with Sweet Soy Sauce	Potato & Roast Bell Peppers Frittata	Asparagus, Leek and Tomato Frittata
<b>Vegetable Sides</b>	Steamed Broccoli & Carrots/Sauteed Greens	Grilled Veggies/Sauteed Wintermelon	Sauteed Cauliflower/Steamed Lettuce	Corn on Cob/Sauteed Water Spinach	Roast Veggie Mix/Chinese Broccoli
<b>Noodle Station (Primary Canteen)</b>	Tomato Stewed Beef				
<b>Sandwich Special(Secondary)</b>	Roast Pork Loin				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):757  
Fat (g):24

Protein (g):25  
Carbohydrate (g):117



## The British School of Guangzhou - Weekly Menu

Lunch Set Menu 18/11/2024 - 22/11/2024

weekly menu

Date	Monday, 18/11/24	Tuesday, 19/11/24	Wednesday, 20/11/24	Thursday, 21/11/24	Friday, 22/11/24
<b>Soup</b>	Tomato & Egg Soup	Roast Pumpkin Soup	Winter Melon Soup	Creamy Corn Soup	Tofu & Seaweed Soup
<b>Main Dish 1</b>	Sausage & Bacon Gnocchi	Beef Burgundy with Roasted Potatos	Swedish Meatballs (Köttbullar) with Potato Mashed	Sweet & Sour Fish with Steamed Rice	Chicken Curry with Steamed Rice
<b>Main Dish 2</b>	Stir Fried Chicken with Veggies	Soy Stewed Duck Wings with Steamed Rice	Sauteed Tofu with Shrimps, Shiitake Mushrooms & Carrots	Veggie & Pork Stir Fry	Sauteed Mushroom with Beef
<b>Vegetarian Option</b>	Basil, Onion & Cheese Gnocchi	Quinoa & Cauliflower Balls in Coconut Sauce	Pumpkin & Asparagus Frittata	Couscous Stuffed Peppers	Veggie Biryani
<b>Vegetable Sides</b>	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Roast Veggies/Sauteed Tatsoi	Grilled Zucchini/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Winter Melon /Sateed Water Spinach
<b>Noodle Station (Primary Canteen)</b>	Fish and Beef Meatballs Noodle Soup				
<b>Sandwich Special(Secondary)</b>	Spicy Crab Salad				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):758  
Fat (g): 23

Protein (g):25  
Carbohydrate (g):113



## The British School of Guangzhou - Weekly Menu

Lunch Set Menu 25/11/2023 - 29/11/2023

weekly menu

Date	Monday, 25/11/24	Tuesday, 26/11/24	Wednesday, 27/11/24	Thursday, 28/11/24	Friday, 29/11/24
<b>Soup</b>	Veggie Soup	Roast Tomato Soup	Cabbage & Ginger Soup	Barley Soup	Mung Beans Soup
<b>Main Dish 1</b>	Sausage & Ham Pasta with Garlic Bread	Chicken Parmigiana with Mini Potato	Stewed Pork with Boiled Rice & Egg	Beef Cacciatore with Pasta	Cajun Roast Fish with Potatoes
<b>Main Dish 2</b>	Veggie & Char Siu Stir Fry Mix	Steamed Eggs with Minced Pork & Scallion	Sauteed Chicken with Bell Peppers	Gongbao Chicken with Steamed Rice	Galangal Chicken with Steam Rice
<b>Vegetarian Option</b>	Zrou Vegan Bolognese with Garlic Bread	Chickpea & Cauliflower Masala	Braised Eggplant with Potatoes	Stir Fried Tofu with Veggies	Baked Rice Kimchi with Veggies & Tofu
<b>Vegetable Sides</b>	Sauteed Veggie Mix/Steamed Lettuce	Cauliflower & Carrots/Sauteed Water Spinach	Roast Pumpkin/Sauteed Mustard Leaves	Ratatouille/Sauteed Lettuche	Steamed Broccoli/Garlic Pak Choi
<b>Noodle Station (Primary Canteen)</b>	Chicken Lasagna Noodles				
<b>Sandwich Special(Secondary)</b>	Sausage & Roast Peppers				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):758  
Fat (g): 23

Protein (g):25  
Carbohydrate (g):113



# The British School of Guangzhou Weekly Snack Menu



Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Toddlers/ Pre-Nursery/ Nursery	Holiday	Yoghurt & Fresh-cut Fruits & Cutted-Boiled Egg	Yoghurt and Mini Tuna Sandwich & Fresh-Cut Fruits	Yakult and whole wheat Rainsins Bread & Grapes	Milk & Fresh-cut Fruits & Crossaint
14:00PM @ Canteen	Pre-Nursery/ Nursery	Holiday	Milk & and Fresh-Cut Fruits & Tomato Pasta	Milk & Pancake & Fresh-Cut Fruits	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Toddlers/ Pre-Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt & Fresh-cut Fruits & Mini Donut	Yoghurt and Muffin & Fresh-Cut Fruits	Milk and Oatmeal & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & whole wheat Rainsins Bread
14:00PM @ Canteen	Pre-Nursery/ Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & and Fresh-Cut Fruits & Tomato Pasta	Milk & Pancake & Cherry tomato & Fresh-cut Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Toddlers/ Pre-Nursery/ Nursery	Yakult & Cutted-Boiled Egg & Fresh-Cut Fruits	Milk & Homemade Pineapple bread & Fresh-Cut Fruits	Yoghurt & Waffle & Fresh-Cut Fruits	Yoghurt & Fresh-Cut Fruits & Pancake	Milk & Whole wheat Cookies & Fresh-cut Fruits
14:00PM @ Canteen	Pre-Nursery/ Nursery	Yoghurt & Mini Cucumber & Cheese Sandwich & Fresh-Cut Fruits	Yoghurt & Homemade Muffin & Fresh-Cut Fruits	Milk & Scrambled Eggs & Fresh-Cut Fruits	Milk & Whole wheat biscuit & Fresh-cut Fruits	Yakult & Homemade cup cake & Fresh-Cut Fruits
Week 4	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Toddlers/ Pre-Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Jam Sandwich	Yoghurt & Fresh-cut Fruits & Cutted-Boiled Egg	Yoghurt and Mini Tuna Sandwich & Fresh-Cut Fruits	Yakult and whole wheat Rainsins Bread & Fresh-Cut Fruits	Milk & Fresh-cut Fruits & Crossaint
14:00PM @ Canteen	Pre-Nursery/ Nursery	Yakult & Saqima & Fresh-cut Cucumber and Carrot Sticks	Milk & and Fresh-cut Fruits & Tomato Pasta	Milk & Pancake & Fresh-Cut Fruits	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits