

British School of Guangzhou- Weekly Menu

8-12th Jan.	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pumpkin Soup	Tomato & Egg Soup	Sweet Corn Soup	Mushroom Soup	Broccoli Soup
Main Dish	New Orleans Chicken with Carrot Rice	Chinese BBQ Pork with Rice	Fish Burger with Chips	Chicken Nacho with Baby Potato	Beef Cottage Pie with Garlic Bread
Vegetarian Option	Mixed Beans & Cheese Fajita	Fried Green Beans & Eggplant	Vegetarian Burger	Vegetarian Puff Roll	Vegetarian Lasagna
Vegetable Sides	Broccoli, Cauliflower & Carrot	Chinese Lettuce	Carrot, Peas & Corn	Roasted Pumpkin with Green Beans	Green Pak Choi
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy(Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
Quantity 含量	758	25	22	116

Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉 10%	Fish 水产 4%	White Meat 白肉 10%	Vegetables 蔬菜 49%	Starch 淀粉 27%	Deep Fried 油炸 0%
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British School of Guangzhou- Weekly Menu

15-19th Jan.	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Minestrone	Spinach Soup	Pea Soup	Broccoli Soup	Potato Soup
Main Dish	Cheese Spaghetti with Mushroom Bake	Gongpao Chicken with Pumpkin Rice	Hawaiian Pizza with Potato Wedges	Baked Fish Pie with Penne	Beef Stew with Onion Potato
Vegetarian Option	Cheese & Onion Quiche	Braised Eggplant	Butternut Squash, Spinach Pizza & Potato Wedges	Pesto Penne	Cheesy Broccoli & Cauliflower
Vegetable Sides	Roasted Cherry Tomato & Spinach	Chinese Lettuce	Corn on the Cob	Roasted Pepper, Eggplant & Zucchini	Roasted Mushroom & Pumpkin
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy(Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
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Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉 10%	Fish 水产 4%	White Meat 白肉 10%	Vegetables 蔬菜 49%	Starch 淀粉 27%	Deep Fried 油炸 0%
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British School of Guangzhou- Weekly Menu

22-26th Jan.	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Miso Soup	Potato Soup	Borsch Soup	Corn Soup	Mushroom Soup
Main Dish	Teriyaki Chicken with Rice	Curry Fish with Carrot Rice	Pork chop with Roasted Potato	Fresh Herbs Chicken with Spaghetti	Beef Lasagna with Garlic Bread
Vegetarian Option	Teriyaki Tofu	Falafel	Stuffed Tomato	Spinach Frittata	Vegetarian Lasagna
Vegetable Sides	Chinese Lettuce	Cauliflower & Carrot	Corn & Peas	Green Pak Choi	Broccoli
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information — 周午餐营养分析(数据)

Nutrient 营养素名称	Energy(Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
Quantity 含量	758	25	22	116

Weekly Nutritional Information (%) — 周午餐营养分析(%)

Red Meat 红肉 10%	Fish 水产 4%	White Meat 白肉 10%	Vegetables 蔬菜 49%	Starch 淀粉 27%	Deep Fried 油炸 0%
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British School of Guangzhou- Weekly Menu

29th Jan.- 2nd Feb.	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Pea Soup	Pumpkin Soup	Minestrone	Mushroom Soup	Potato Soup
Main Dish	Sweet & Sour Chicken	Pork Meatball with Pasta	Fish Finger with Chips	Mushroom Chicken Bake with Potato Wedges	Beef Cottage Pie with Garlic Bread
Vegetarian Option	Braised Tofu	Aubergine, tomato & Parmesan bake (Melanzane Alla Parmigiana)	Chinese Vinegar Chips & Stuffed Pepper	Stir-fry Carrot & Tofu skin, Mushroom, Pepper Rice Noodles	Vegetarian Cottage Pie
Vegetable Sides	Chinese Lettuce	Watercress	Carrot & Green Beans	Roasted Pumpkin with Green Beans	Broccoli
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy(Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
Quantity 含量	758	25	22	116

Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉 10%	Fish 水产 4%	White Meat 白肉 10%	Vegetables 蔬菜 49%	Starch 淀粉 27%	Deep Fried 油炸 0%
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