

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 08/10/2018 - 12/10/2018

weekly menu



Date	Monday, 08/10/18	Tuesday, 09/10/18	Wednesday, 10/10/18	Thursday, 11/10/18	Friday, 12/10/18
<b>Soup</b>	N/A	N/A	Corn Chowder	N/A	N/A
<b>Main Dish</b>	Pasta Bolognese with Garlic Bread	Chermoula Chicken with Steamed Rice	Pork Schnitzel with Mash Potato & Gravy	Seafood Pizza & Roast New Potatoes	Chicken Fajitas with Chips and Tortillas
<b>Vegetarian Option</b>	Pasta with Lentils & Roast Eggplant with Garlic Bread	Chermoula Tofu with Roast Veggies and Steamed Rice	Baked Broccoli with Cheese	Veggie Pizza & Roast New Potatoes	Mixed Beans Burritos with Chips
<b>Vegetable Sides</b>	Cauliflower & Carrots	Steamed Chinese Broccoli with Garlic	Grilled Veggies Mix	Broccoli & Carrots	Corn on Cob
<b>Additional Choice</b>	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day
<b>Weekly Special(Nanhu)</b>	Beef Laksa				
<b>Sandwich Special(Secondary)</b>	Salmon with Cucumber				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):767  
Fat (g): 23

Protein (g): 25  
Carbohydrate (g):115

Chartwells

## The British School of Guangzhou - Weekly Menu

Lunch Set Menu 15/10/2018 - 19/10/2018

weekly menu



Date	Monday, 15/10/18	Tuesday, 16/10/18	Wednesday, 17/10/18	Thursday, 18/10/18	Friday, 19/10/18
<b>Soup</b>	N/A	N/A	Miso Soup	N/A	N/A
<b>Main Dish</b>	Pasta with Creamy Carbonara Sauce & Garlic Bread	Curry Beef Brisket with Basmati Rice	Teriyaki Chicken with Steamed Rice	Fish Fingers with Roast Potatoes & Tartar Sauce	Chicken Wings BBQ & Potato Wedges
<b>Vegetarian Option</b>	Pasta with Mixed Veggies, Cheese & Pesto	Chickpea Curry with Basmati Rice	Teriyaki Tofu with Steamed Rice	Avocado Salad Wraps with Roast Potatoes	Okonomiyaki with Soba Noodles & Egg
<b>Vegetable Sides</b>	Sauteed Zucchini with Tomatos	Sauteed Cauliflower & Broccoli with Carrots	Garlic Pak Choi	Green Pea with Carrots	Ratatouille
<b>Additional Choice</b>	Chef sandwich of the day	Jacket Potato with Chilli/Cheese/Beans	Chef sandwich of the day	Jacket Potato with Chilli/Cheese/Beans	Chef sandwich of the day
<b>Weekly Special(Nanhu)</b>	Beef Pie with Mash & Green Pea				
<b>Sandwich Special(Secondary)</b>	Meatballs Marinara				
<b>Dessert</b>	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 771  
Fat (g): 23

Protein (g):25  
Carbohydrate (g):116

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 22/10/2018 - 26/10/2018

weekly menu



Date	Monday, 22/10/18	Tuesday, 23/10/18	Wednesday, 24/10/18	Thursday, 25/10/18	Friday, 26/10/18
<b>Soup</b>	N/A	N/A	Borscht Soup	N/A	N/A
<b>Main Dish</b>	Pork Dumplings with Veggie Hofan	Sweet & Sour Chicken with Fried Rice	Beef Cheese Burger with Chips	Fish & Shrimps Curry with Basmati Rice	Chicken Stew with Mash Potato
<b>Vegetarian Option</b>	Vegetarian Dumplings with Veggie Hofan	Sweet & Sour Eggplants with Steamed Rice	Veggie Burger with Chips	Lentil & Aubergine Curry with Basmati Rice	Mixed Beans Stew with Mash Potato
<b>Vegetable Sides</b>	Sauteed Green Veggies	Garlic Broccoli	Grilled Veggies	Green Pea with Carrots	Sauteed Green Beans with Tomatoes
<b>Additional Choice</b>	Chef sandwich of the day	Jacket Potato with Chilli/Cheese/Beans	Chef sandwich of the day	Jacket Potato with Chilli/Cheese/Beans	Chef sandwich of the day
<b>Weekly Special(Nanhu)</b>	Tandoory Chicken & Mango Salsa				
<b>Sandwich Special(Nanhu)</b>	Pulled Pork & Roast Tomatoes				
<b>Dessert</b>	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 758  
Fat (g): 22

Protein (g): 26  
Carbohydrate (g):115

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 29/10/2018 - 31/10/2018

weekly menu



Date	Monday, 29/10/18	Tuesday, 30/10/18	Wednesday, 31/10/18	Thursday, 01/11/18	Friday, 02/11/18
<b>Soup</b>	N/A	N/A	Roast Tomato Soup		
<b>Main Dish</b>	Fried Pork & Veggies with Udon Noodles	Beef Stew with Dumplings & Mash Potato	Grilled Chicken with Fried Rice		
<b>Vegetarian Option</b>	Fried Tofu & Veggies with Udon Noodles	Veggie Patties with Sour Cream	Grilled Cheese with Vegetables		
<b>Vegetable Sides</b>	Sauteed Green Veggies	Broccoli & Carrots	Roast Veggies		
<b>Additional Choice</b>	Chef sandwich of the day	Jacket Potato with Chilli/Cheese/Beans	Chef sandwich of the day		
<b>Weekly Special(Nanhu)</b>	Stuffed Peppers in Tomato Sauce & Couscous				
<b>Sandwich Special(Nanhu)</b>	Shrimp Salad & Avocado				
<b>Dessert</b>	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 762  
Fat (g):23

Protein (g): 27  
Carbohydrate (g): 114

Chartwells