

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 11/10/2021 - 15/10/2021

weekly menu



Date	Monday, 11/10/21	Tuesday, 12/10/21	Wednesday, 13/10/21	Thursday, 14/10/21	Friday, 15/10/21
Soup	Mushrooms Soup	Roast Pumpkin Soup	Corn Chowder	Lentils Soup	Barley Soup
Main Dish	Creamy Chicken with Pasta & Garlic Bread	Sweet & Sour Pork with Veggie Rice	Fish Fingers with Chips & Tartar Sauce	Shepherds Pie with Garlic Bread	Chicken Meatballs with Pumpkin Rice
Vegetarian Option	Barley Stuffed Tomatoes with Pasta & Garlic Bread	Aloo Gobi Mutter with Steamed Rice	Margherita Pizza with Chips	Veggie Pie with Roasted Potatoes	Cauliflower & Quinoa Balls with Pumpkin Rice
Vegetable Sides	Zucchini with Tomatoes	Garlic Caixin	Sauteed Broccoli & Carrots	Steamed Corn on Cob	Grilled Veggie Mix
Additional Choice	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
Weekly Special(Primary)	Shrimps Wonton Soup				
Sandwich Special(Secondary)	Shrimp Salad & Avocado				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):732
Fat (g):23

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

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 18/10/2021 - 22/10/2021

weekly menu



Date	Monday, 18/10/21	Tuesday, 19/10/21	Wednesday, 20/10/21	Thursday, 21/10/21	Friday, 22/10/21
Soup	Roast Pumpkin Soup	Veggie Soup	Egg & Seaweed Soup	Onion Soup	Miso Soup
Main Dish	Ham & Sausage Tomato Pasta with Garlic Bread	Chicken Cheese Fajita with Roast Baby Potato & Gravy Sauce	Chinese Beef & Radish Stew with Steamed Rice	Fish & Shrimp Curry with Steamed Rice	Chicken Teriyaki with Steamed Rice
Vegetarian Option	Cheese & Spinach Pesto Pasta with Garlic Bread	Grilled Pumpkin & Avocado Rolls with Roast Potatoes	Braised Tofu with Mushrooms	Cauliflower & Chickpea Coconut Curry	Quinoa & Veggies Pancakes with Mash Potato
Vegetable Sides	Steamed Broccoli & Carrots	Sweet Corn on Cob	Cauliflowers & Carrots	Steamed Broccoli	Sauteed garlic Lettuce
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day	Chef Sandwich of the Day	Chef Sandwich of the Day
Weekly Special(Primary)	Beef Biryani				
Sandwich Special(Nanhu)	Ham & Cheddar Cheese				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):742

Fat (g):22

Protein (g):26

Carbohydrate (g):124

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 25/10/2021 - 29/10/2021

weekly menu



Date	Monday, 25/10/21	Tuesday, 26/10/21	Wednesday, 27/10/21	Thursday, 28/10/21	Friday, 29/10/21
Soup	Mushrooms & Noodles Soup	Broccoli Soup	Creamy Corn Soup	Borscht Soup	Bloody Tomato Soup
Main Dish	Sweet & Sour Chicken with Fried Rice	Beef Lasagna with Garlic Bread	BBQ Pork with Fried Veggie Rice	Roast Chicken with Mash & Onion Gravy	Black Bat Wings with Dirty Rice Or Smiley Faces Potatoes
Vegetarian Option	Sweet & Sour Eggplant & Egg and Fried Rice	Spinach & Lentils Lasagna with Garlic Bread	Chickpea Stew with Steamed Rice	Baked Polenta with Mushrooms & Cheese	Mummy Potatoes with Falafel with "Toxic waste" (Mac & Cheese)
Vegetable Sides	Garlic Pak Choi	Cauliflower & Carrots	Garlic Lettuce	Ratatouille	Roast Pumpkin and Beetroots
Additional Choice	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
Weekly Special(Primary)	Bangers & Mash with Gravy				
Sandwich Special(Secondary)	Grilled Chicken & Avocado Salsa				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):748
Fat (g): 22

Protein (g):24
Carbohydrate (g):120

Chartwells