

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 06/06/2022 - 10/06/2022

weekly menu



Date	Monday, 06/06/22	Tuesday, 07/06/22	Wednesday, 08/06/22	Thursday, 09/06/22	Friday, 10/06/22
Soup	Minestrone Soup	Pumpkin Soup	Egg & Tomato Soup	Veggie Soup	Miso Soup
Main Dish	Ham & Sausage Pizza with Fries	Chicken Meatballs in Tomato Sauce with Pasta & Garlic Bread	Braised Pork with Steamed Rice & Boiled Egg	Beef Lasagna with Garlic Bread	Chicken Teriyaki with Steamed Rice
Vegetarian Option	Grilled Veggies Pizza with Fries	Tomato & Ricotta Pasta Bake with Garlic Bread	Vegan Mapo Tofu with Steamed Rice	Spinach & Lentils Lasagna with Garlic Bread	Teriyaki Eggplant with Steamed Rice
Vegetable Side	Sweet Corns	Roast Veggie Mix	Sauteed Lettuce	Broccoli & Carrots	Sauteed Pak Choi
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day
Weekly Special(Nanhu)	Wonton Soup				
Sandwich Special(Nanhu)	Curry Chicken & Egg Salad				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):757
Fat (g):25

Protein (g):25
Carbohydrate (g):114

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 13/06/2022 - 16/06/2022

weekly menu



Date	Monday, 13/06/22	Tuesday, 14/06/22	Wednesday, 15/06/22	Thursday, 16/06/22	Friday, 17/06/22
Soup	Lentils Soup	Corn Soup	Roast Pumpkin Soup	Mushrooms & Noodle Soup	Holidays
Main Dish	Bolognese Pasta & Garlic Bread	Chicken Quesadillas with Roast Potatoes & Gravy Sauce	Beef Shepherd Pie & Garlic Bread	Sweet & Sour Pork with Steamed Rice	
Vegetarian Option	Cheese & Veggie Pesto Pasta with Poached Eggs in Tomato Sauce	Veggies Quesadillas with Roast Potatoes & Gravy Sauce	Z-Rou Veggie Pie	Sweet & Sour Eggplant with Steamed Rice	
Vegetable Side	Sauteed Zucchini	Steamed Broccoli	Cauliflower & Carrots	Pak Choi	
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	
Weekly Special(Nanhu)	Beef Byriani				
Sandwich Special(Nanhu)	BBQ Pork				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

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