

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 01/06/2021 - 04/06/2021

weekly menu



Date	Monday, 31/05/21	Tuesday, 01/06/21	Wednesday, 02/06/21	Thursday, 03/06/21	Friday, 04/06/21
Soup		Veggie Soup	Broccoli Soup	Miso Soup	Pumpkin Soup
Main Dish		Chicken Fajitas with Roast Mini Potatoes & Gravy Sauce	Beef Lasagna with Garlic Bread	Teriyaki Chasiu & Eggs with Steamed Rice	Fish Fingers with Fries & Tartar Sauce
Vegetarian Option		Veggie Fajitas with Roast Mini Potatoes	Spinach & Lentils Lasagna with Garlic Bread	Teriyaki Eggplant With Potato & Eggs	Aloo Gobi Mutter
Vegetable Side		Broccoli & Carrots	Sweet Corns	Steamed Green Veggies	Grilled Zucchini
Additional Choice		Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli/Cheese/Beans
Weekly Special(Nanhu)	Roast Pork with Apple Sauce & Mash				
Sandwich Special(Secondary)	Sausage & Caramelised Onions				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):766	Protein (g):28
Fat (g):22	Carbohydrate (g):118

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 07/06/2021 - 14/06/2021

weekly menu



Date	Monday, 07/06/21	Tuesday, 08/06/21	Wednesday, 09/06/21	Thursday, 10/06/21	Friday, 11/06/21
Soup	Barley Soup	Roast Tomato Soup	Minestrone Soup	Corn Chowder	Egg & Tomato Soup
Main Dish	Bolognese Pasta with Garlic Bread	Roast Chicken with Onion Gravy & Mash Potato	Beef Burger with Cheese & Fries	Fish & Shrimps Pie & Garlic Bread	Kung Pao Chicken with Steamed Rice
Vegetarian Option	Tomato & Eggs Stew with Pasta and Garlic Bread	Okra & Chickpea Tagine with Cajun Fried Rice	Cauliflower & Quinoa Burger & Cheese with Fries	Quinoa & Veggie Pancakes	Kung Pao Tofu with Steamed Rice
Vegetable Side	Cauliflower & Carrots	Zucchini with Tomatoes	Sweet Corns	Roast Veggies Mix	Garlic Pak Choi
Additional Choice	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans
Weekly Special(Nanhu)	Beef Laksa				
Sandwich Special(Secondary)	BBQ Pork				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755
Fat (g):22

Protein (g):23
Carbohydrate (g):120

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 14/06/2021 - 18/06/2021

weekly menu



Date	Monday, 14/06/21	Tuesday, 15/06/21	Wednesday, 16/06/21	Thursday, 17/06/21	Friday, 18/06/21
Soup	Holiday	Roasted Pumpkin Soup	Egg & Seaweed Soup	Onion Soup	Seaweed Soup
Main Dish		Beef Stroganoff with Pasta	Roast Chicken Wings with Fried Noodles	Shepherds Pie with Garlic Bread	Sweet & Sour Chicken with Steamed Rice
Vegetarian Option		Veggie Stew with Cheesy Dumplings	Vegetarian Dumplings with Fried Noodles	Baked polenta Pie with Cheese & Basil	Sweet & Sour Tofu with Steamed Rice
Vegetable Side		Steamed Broccoli	Sauteed Lettuce	Grilled Zucchini	Steamed Baby Cabbage
Additional Choice		Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans
Weekly Special(Nanhu)		Chicken Paella with Tomato Salad			
Sandwich Special(Nanhu)		Roast Beef & Pickles			
Dessert		Dessert of the day & Dairy Product			

Daily average nutritional reading over the whole week:

Energy(Kcal):754
Fat (g):23

Protein (g):24
Carbohydrate (g):118

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 21/06/2021 - 25/06/2021

weekly menu



Date	Monday, 21/06/21	Tuesday, 22/06/21	Wednesday, 23/06/21	Thursday, 24/06/21	Friday, 25/06/21
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	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans
Weekly Special(Nanhu)	Braised Glass Noodles with Pork & Napa Cabbage				
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 28/06/2021 - 02/07/2021

weekly menu



Date	Monday, 28/06/21	Tuesday, 29/06/21	Wednesday, 30/06/21	Thursday, 01/07/21	Friday, 02/07/21
Soup	Lentils Soup	Onion Soup	Roast Pumpkin Soup	Minestrone Soup	Lentils & Barley Soup
Main Dish	Chicken Curry with Steamed Rice	Stir Fried Beef with Mushrooms & Fried Rice Noodles	Chicken Quesadillas with Roast Potatoes & Gravy Sauce	Beef Burger with Cheese & Fries & Chicken Wings	Bangers & Roasted New Potato & Gravy Sauce
Vegetarian Option	Aloo Gobi Mutter	Stir Fried Tofu Skin with Mushroom Mix & Veggies with Steamed Rice	Veggies Quesadillas with Roast Potatoes & Gravy Sauce	Veggie Burger & Cheese with Fries	Quinoa & Cauliflower Balls with Coconut Sauce
Vegetable Side	Sauteed Greens	Sauteed Garlic Lettuce	Lemon Butter Broccoli	Sweet Corns	Sauteed Garlic Lettuce
Additional Choice	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Vegen Chilli/Baked Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Vegen Chilli/Baked Beans
Weekly Special(Nanhu)	Chicken Cordon Bleu & Fries				
Sandwich Special(Nanhu)	Ham & Cheddar				
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