



The British School of Guangzhou Weekly Snack Menu

Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am @ Canteen	Pre-Nursery	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruit & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Cucumber Stick	Yakult and Wafer biscuit & Grapes	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
9:00am @ Classroom	Toddler	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruit & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Cucumber Stick	Yakult and Wafer biscuit & Grapes	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
9:30am @ Covered Playground	Nursery	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruit & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Cucumber Stick	Yakult and Wafer biscuit & Grapes	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
11:00am	Toddler	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & Swiss Roll Cake and Fresh-cut Apple	Milk & Pancake & Fresh-cut Honey-Melon	Milk & Egg Tart & Fresh-Cut Mixed Fruit	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
1:30pm @ Covered Playground	Nursery	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & Swiss Roll Cake and Fresh-cut Apple	Milk & Pancake & Fresh-cut Honey-Melon	Milk & Egg Tart & Fresh-Cut Mixed Fruit	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
14:00pm @ Canteen	Pre-Nursery	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & Swiss Roll Cake and Fresh-cut Apple	Milk & Pancake & Fresh-cut Honey-Melon	Milk & Egg Tart & Fresh-Cut Mixed Fruit	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am @ Canteen	Pre-Nursery	Milk & Mini Cucumber Cheese Sandwich & Fresh-Cut Dragon Fruit	Yoghurt and Fresh-cut Apple & Sweet Potato Purple Baozi	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread
9:00am @ Classroom	Toddler	Milk & Mini Cucumber Cheese Sandwich & Fresh-Cut Dragon Fruit	Yoghurt and Fresh-cut Apple & Sweet Potato Purple Baozi	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread
9:30am @ Covered Playground	Nursery	Milk & Mini Cucumber Cheese Sandwich & Fresh-Cut Dragon Fruit	Yoghurt and Fresh-cut Apple & Sweet Potato Purple Baozi	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread
11:00am	Toddler	Yoghurt and Egg Tart & Fresh-cut Pear	Yakult and Cutted Boilded Egg & Fresh-cut Honey-Melon	Yoghurt and Fresh-cut Water-Melon & Spring Roll	Yakult and Wraps with Cheese and Cucumber & Fresh-cut Apple	Yoghurt and Pancake & Fresh-cut Dragon Fruit
1:30pm @ Covered Playground	Nursery	Yoghurt and Egg Tart & Fresh-cut Pear	Yakult and Cutted Boilded Egg & Fresh-cut Honey-Melon	Yoghurt and Fresh-cut Water-Melon & Spring Roll	Yakult and Wraps with Cheese and Cucumber & Fresh-cut Apple	Yoghurt and Pancake & Fresh-cut Dragon Fruit
14:00pm @ Canteen	Pre-Nursery	Yoghurt and Egg Tart & Fresh-cut Pear	Yakult and Cutted Boilded Egg & Fresh-cut Honey-Melon	Yoghurt and Fresh-cut Water-Melon & Spring Roll	Yakult and Wraps with Cheese and Cucumber & Fresh-cut Apple	Yoghurt and Pancake & Fresh-cut Dragon Fruit
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am @ Canteen	Pre-Nursery	Yakult & Fresh-Cut Apple & Cutted Boiled Eggs	Milk & Pineapple Mini Bun & Fresh-Cut Honey-Melon	Yakult & Crossaint & Fresh-cut Dragon Fruit	Yoghurt & Half-cut Cherry Tomato & Pancake	Milk & Oat Cookies & Fresh-cut Fruit
9:00am @ Classroom	Toddler	Yakult & Fresh-Cut Apple & Cutted Boiled Eggs	Milk & Pineapple Mini Bun & Fresh-Cut Honey-Melon	Yakult & Crossaint & Fresh-cut Dragon Fruit	Yoghurt & Half-cut Cherry Tomato & Pancake	Milk & Oat Cookies & Fresh-cut Fruit
9:30am @ Covered Playground	Nursery	Yakult & Fresh-Cut Apple & Cutted Boiled Eggs	Milk & Pineapple Mini Bun & Fresh-Cut Honey-Melon	Yakult & Crossaint & Fresh-cut Dragon Fruit	Yoghurt & Half-cut Cherry Tomato & Pancake	Milk & Oat Cookies & Fresh-cut Fruit
11:00am	Toddler	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Cucumber and Carrot Sticks & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Crackers+Cream Cheese & Fresh-cut Fruit	Yakult & Tortellini in tomato sauce /Tomato Pasta & Banana
1:30pm @ Covered Playground	Nursery	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Cucumber and Carrot Sticks & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Crackers+Cream Cheese & Fresh-cut Fruit	Yakult & Tortellini in tomato sauce /Tomato Pasta & Banana
14:00pm @ Canteen	Pre-Nursery	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Cucumber and Carrot Sticks & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Crackers+Cream Cheese & Fresh-cut Fruit	Yakult & Tortellini in tomato sauce /Tomato Pasta & Banana