

# The British School of Guangzhou - Weekly Menu

Lunch Menu 28/05/2018 - 01/06/2018

weekly menu



Date	Monday,28/05/2018	Tuesday,29/05/2018	Wednesday,30/05/2018	Thursday,31/05/2018	Friday,01/06/2018
Main Dish					Baked Fish with Spinach & Fusilli
Vegetarian Option					Lentil & Eggplant Curry with Basmati Rice
Vegetable Sides					Roasted Carrot & Green Beans
Additional Choice					Jacket Potato with Chilli/Cheese/Beans
Daily Salad	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459	Protein (g):16
Fat (g):15	Carbohydrate (g):65

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Menu 04/06/2018 - 08/06/2018

weekly menu



Date	Monday,04/06/2018	Tuesday,05/06/2018	Wednesday,06/06/2018	Thursday,07/06/2018	Friday,08/06/2018
<b>Main Dish</b>	New Orleans Chicken Wings with Potato Wedges	Chinese BBQ Pork with Rice	Fish Finger with Roasted Potato	Chicken Nacho with Fusilli	Beef Lasagne with Garlic Bread
<b>Vegetarian Option</b>	Cheese & Onion quiche	Chinese Rice Noodles	Spinach Frittata	Lentil Fusilli	Vegetarian Lasagna
<b>Vegetable Sides</b>	Cauliflower & Carrot	Garlic Lettuce	Corn on the cob	Cabbage	Roasted Butternut Squash & Green Bean
<b>Additional Choice</b>	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
<b>Daily Salad</b>	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459	Protein (g):16
Fat (g):15	Carbohydrate (g):65

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Menu 11/06/2018 - 15/06/2018

weekly menu



Date	Meatless Monday, 11/06/2018	Tuesday, 12/06/2018	Wednesday, 13/06/2018	Thursday, 14/06/2018	Friday, 15/06/2018
<b>Main Dish</b>	Lentil Spaghetti	Curry Fish with Farfalle	Grilled Pork Chop with Roasted Baby Potato	Beef Stroganoff with Rice	BBQ Chicken wings with Rice
<b>Vegetarian Option</b>	Cauliflower & Quinoa Fritters	Vegetable Pak Thai	Fried Egg with Tomato	Mixed Beans & Cheese Fajita	Chinese Vinegar Potato with Tofu
<b>Vegetable Sides</b>	Roasted Cherry Tomato with Spinach	Garlic Vegetable	Corn & Green Bean	Roasted Butternut Squash, Onion & Pepper	Choy Sum
<b>Additional Choice</b>	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
<b>Daily Salad</b>	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 463  
Fat (g): 15

Protein (g):16  
Carbohydrate (g):66

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Menu 18/06/2018 - 22/06/2018

weekly menu



Date	Monday,18/06/2018	Tuesday,19/06/2018	Wednesday,20/06/2018	Thursday,21/06/2018	Friday,22/06/2018
<b>Main Dish</b>	Holiday	Hawaiian Pizza with Roasted Potato	Nasi Goreng with Chicken Kebab	Spaghetti Bolognaise with Garlic Bread	Greek-style Roast Fish with Roasted Potato
<b>Vegetarian Option</b>		Corn,Pepper,Cherry tomato& Olive Cheese Pizza	Vegetable Kebab	Cheesy Spaghetti with Broccoli	Burnt Aubergine Veggie Chilli
<b>Vegetable Sides</b>		Corn on the Cob	Garlic Lettuce	Roasted Carrot and Green Beans	Roasted Butternut Squash & Pepper
<b>Additional Choice</b>		Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans
<b>Daily Salad</b>		Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit			
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 459  
Fat (g): 15

Protein (g):16  
Carbohydrate (g):65

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Menu 25/06/2018 - 29/06/2018

weekly menu



Date	Monday,25/06/2018	Tuesday,26/06/2018	Wednesday,27/06/2018	Thursday,28/06/2018	
<b>Main Dish</b>	Teriyaki Chicken with Rice	Roasted Pork with Spaghetti	Beef Burger with Roasted Potato	Sweet & Sour Chicken with Rice	
<b>Vegetarian Option</b>	Steamed Eggs	Vegetable Cottage Pie	Vegetarian Burger	Vegetarian Spring Roll	
<b>Vegetable Sides</b>	Garlic Vegetable	Roasted Cherry Tomato with Spinach	Corn on the Cob	Garlic Lettuce	
<b>Additional Choice</b>	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chili/Cheese/Baked Beans	Chef Sandwich of the Day	
<b>Daily Salad</b>	Cucumber, Eggs, Carrots, Tomato, Pepper, Lettuce & Fresh Fruit				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal): 468	Protein (g):16
Fat (g): 16	Carbohydrate (g):65

Chartwells