

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 04/11/2019 - 08/11/2019

weekly menu



Date	Monday, 04/11/19	Tuesday, 05/11/19	Wednesday, 06/11/19	Thursday, 07/11/19	Friday, 08/11/19
Soup	N/A	N/A	Roast Pumpkin Soup	N/A	N/A
Main Dish	Bolognese Pasta with Garlic Bread	Pork Meatballs with Fried Rice	Teriyaki Chicken with Fried Rice	Roast Cajun Fish with Potatoes	Chicken Curry with Bastami Rice
Vegetarian Option	Basil Gnocchi with Roast Tomatoes & Pumpkin	Vegan Quinoa & Cauliflower Balls with Fried Rice	Okonomiyaki with Egg	Chickpea Falafels in Tomato Sauce	Eggplant & Lentils Coconut Curry
Vegetable Sides	Sauteed Broccoli	Roast Veggie Mix	Sauteed Pak Choi	Cauliflower & Carrots	Garlic Lettuce
Additional Choice	Chef Sandwich of the Day	Jacket Potato with Vegan Chilli/Cheese/Beans	Chef Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef Sandwich of the Day
Weekly Special(Nanhu)	Chicken Cordon Bleu wit Tartar Sauce				
Sandwich Special(Secondary)	Beef & Beetroot Relish				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755
Fat (g):23

Protein (g): 25
Carbohydrate (g):120

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 11/11/2019 - 15/11/2019

weekly menu



Date	Monday, 11/11/19	Tuesday, 12/11/19	Wednesday, 13/11/19	Thursday, 14/11/19	Friday, 15/11/19
Soup	N/A	N/A	Minestrone	N/A	N/A
Main Dish	Ham & Sausage Tomato Pasta with Garlic Bread	Salami Pizza with Chips	Fish Stew with Steamed Rice	Shepherds Pie with Garlic Bread	Roast Chicken Wings with Fried Rice
Vegetarian Option	Pesto Pasta with Poached Eggs in Tomato Sauce	Margherita Pizza with Chips	Mixed Beans Stew with Steamed Rice	Veggie Pie with Garlic Bread	Pumpkin & Cheese Frittata
Vegetable Sides	Zucchini with Tomatoes	Sauteed Broccoli	Cauliflower & Carrots	Broccoli & Carrots	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(Nanhu)	Braised Beef Noodle Soup				
Sandwich Special(Secondary)	BBQ Shredded Pork & Roast Tomatoes				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):747
Fat (g):24

Protein (g):26
Carbohydrate (g):115

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 18/11/2019 - 22/11/2019

weekly menu



Date	Monday, 18/11/19	Tuesday, 19/11/19	Wednesday, 20/11/19	Thursday, 21/11/19	Friday, 22/11/19
Soup	N/A	N/A	Roast Tomatoes & Basil Soup	N/A	N/A
Main Dish	Pork Dumplings with Fried Rice Noodles	Sweet & Sour Chicken with Steamed Rice	Beef Meatballs with Pasta & Garlic Bread	Fish Curry with Steamed Rice	Chicken Fingers with Fries & Tartare Sauce
Vegetarian Option	Veggie Dumplings with Fried Rice Noodles	Sweet & Sour Tofu with Steamed Rice	Roast Eggplant Pasta with Garlic Bread	Cauliflower & Chickpea Masala with Steamed Rice	Quinoa Pancakes with Sour Cream
Vegetable Sides	Garlic Pak Choi	Cauliflower & Carrots	Grilled Veggies	Butter Broccoli & Carrots	Sweet Corn on Cob
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(Nanhu)	Chili Beef, Tortilla Chips and Salsa				
Sandwich Special(Nanhu)	Smoked Chicken & Avocado Salsa				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):751
Fat (g):22

Protein (g):28
Carbohydrate (g):125

Chartwells

The British School of Guangzhou - Weekly Menu
Lunch Set Menu 25/11/2019 - 29/11/2019

weekly menu



Date	Monday, 25/11/19	Tuesday, 26/11/19	Wednesday, 27/11/19	Thursday, 28/11/19	Friday, 29/11/19
Soup	N/A	N/A	Seaweed & Egg Soup	N/A	Barley & Potato Soup
Main Dish	Sweet & Sour Chicken and Fried Rice	Beef Lasagna with Garlic Bread	Spanish Pork Stew with Mash Potato	Teriyaki Chicken with Steamed Rice	Avocado Pasta with Roast Tomatoes & Omelette and Vegan Baozi
Vegetarian Option	Sweet & Sour Tofu and Fried Rice	Spinach & Lentils and Mushrooms Lasagna with Garlic Bread	Veggie Stew with Cheese Dumplings & Mash Potato	Baked Polenta with Mushrooms & Cheese	Vegan Quinoa Balls with Coconut & Steamed Rice
Vegetable Sides	Sauteed Lettuce	Cauliflower & Carrots	Garlic Lettuce	Sauteed Broccoli	Garlic Pak Choi
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(Nanhu)	Steewed Duck Wings with Marinated Eggs & Fried Rice				Special Selection of Vegetarian Salads
Sandwich Special(Secondary)	Bacon & Egg Salad				Special Selection of Vegetarian Sandwich Fillings
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):741
Fat (g): 21

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

Chartwells