

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 03/12/2018 - 07/12/2018

weekly menu



Date	Monday, 03/12/18	Tuesday, 04/12/18	Wednesday, 05/12/18	Thursday, 06/12/18	Friday, 07/12/18
<b>Main Dish</b>	Teriyaki Chicken with Steamed Rice	Curry Fish with Pasta	Beef Hamburger, Cheese Slice and Caramelised Onion with French Fries	Sweet & Sour Chicken with Steamed Rice	Beef Lasagne with Baguette
<b>Vegetarian Option</b>	Teriyaki Tofu with Steamed Rice	Vegetable Curry (potatoes, carrots, broccoli, peppers onions) with Steamed Rice	Veggie Burger, Cheese Slice, Caramelised Onion with French Fries	Sweet & Sour Veggies with Steamed Rice	Vegetarian Lasagne with Baguette
<b>Vegetable Sides</b>	Stir Fried Cabbage with Garlic	Broccoli & Carrots	Steamed Corn on Cob	Pak Choi	Cauliflower & Carrots
<b>Additional Choice</b>	Jacket Potato with Chilli/Cheese/Baked Beans	Chef's Sandwich of the Day	Panini Sandwich/Panna Cotta with Fruits & Ice Cream	Chef's Sandwich of the Day	Jacket Potato with Chilli/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	Protein (g):16
Fat (g): 15	Carbohydrate (g):68

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 10/12/2018 - 14/12/2018

weekly menu



Date	Monday, 10/12/18	Tuesday, 11/12/18	Wednesday, 12/12/18	Thursday, 13/12/18	Friday, 14/12/18
<b>Main Dish</b>	Vegetable and Egg Fried Noodles	BBQ Pork with Steamed Rice	Fish Fingers with Roast Potatoes	Chicken Kebabs with Nasi Goreng	Roast Turkey with Stuffing, Gravy, Cranberry sauce and Roast Potatoes
<b>Vegetarian Option</b>	Vegetarian Spring Rolls	Sweet & Sour Shredded Potato with Vegetarian Dumpling	Vegetable Tempura with Roast Potatoes	Vegetable Kebabs with Nasi Goreng	Vegetarian Puffs
<b>Vegetable Sides</b>	Chinese Cabbage with Garlic	Sauteed spinach	Garlic Broccoli	Stir Fried Lettuce with Garlic	Roast Carrots
<b>Additional Choice</b>	Jacket Potato with Chilli/Cheese/Baked Beans	Chef's Sandwich of the Day	Panini Sandwich/Apple Crumble & Ice Cream	Chef's Sandwich of the Day	Jacket Potato with Chilli/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): 460  
Fat (g): 16

Protein (g):17  
Carbohydrate (g):64

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 17/12/2018 - 18/12/2018

weekly menu



Date	Monday, 17/12/18	Tuesday, 18/12/18	Wednesday, 19/12/18	Thursday, 20/12/18	Friday, 21/12/18
<b>Main Dish</b>	Spaghetti Bolognese with Garlic Bread	Beef Meatballs in Tomato Sauce with Baked Rice & Bread			
<b>Vegetarian Option</b>	Lentils Bolognese with Garlic Bread	Falafels with Salsa, Baked Rice & Bread			
<b>Vegetable Sides</b>	Grilled carrots, peppers and zucchini	Green Beans & Tomato			
<b>Additional Choice</b>	Jacket Potato with Toppings/Christmas Tree Ice Cream Cones with Frosting & Raisin Bubbles	Chef's Sandwich of the Day/Red & Green Jelly and Vanilla Ice Cream			
<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):458

Protein (g):17

Fat (g): 17

Carbohydrate (g):65

Chartwells