

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 01/11/2019

weekly menu



Date	Monday, 28/10/2019	Tuesday, 29/10/2019	Wednesday, 30/10/2019	Thursday, 31/10/2019	Friday, 01/11/2019
Main Dish					New Orleans chicken with rice
Vegetarian Option					Aloo gobi mutter with rice
Vegetable Sides					Roasted zucchini
Additional Choice					Baked potatoes
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): 465	Protein (g): 16
Fat (g): 15	Carbohydrate (g):64

Chartwells

# 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
<b>Main Dish</b>	Kungpao chicken with rice	Pork meatball with tomato sauce and pasta	Fish fingers with onion potato	Beef curry with rice	Fresh herbed chicken with curry&raisin rice
<b>Vegetarian Option</b>	Vegetable Jambalaya	Fried rice noodles with vegetables	Mixed beans with cheese fajita and onion potato	Vegetable curry with rice	Veggie Frittata with rice
<b>Vegetable Sides</b>	Sauted lettuce	Broccoli & carrot	Corn on the cob	Edamame	Pak Choy
<b>Additional Choice</b>	Baked potatoes	Sandwiches	Sandwiches	Baked potatoes	Baked potatoes
<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): 465	Protein (g):15
Fat (g): 15	Carbohydrate (g):63

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
<b>Main Dish- International Cuisine</b>	UK: Cottage pie with mashed potatoes	Korea: Japchae noodles with vegetables served with honey soy BBQ drumettes	India: Butter chicken with rice	China: BBQ pork with rice	France: Chicken Chassuer with roast potatoes
<b>Vegetarian Option</b>	Vegetable pie with mashed potatoes	Japchae noodles with vegetables	Baigan ka Bharta (Burnt aubergine) curry with rice	Egg fried rice with mixed vegetables	Ratatouille (mixed vegetable stew) with roast potatoes
<b>Vegetable Sides</b>	Carrot	Cabbage	Green beans	Choy sum	Broccoli
<b>Additional Choice</b>	Dessert: Bananas with custard Baked potatoes	Dessert: Sweet red bean soup Sandwiches	Dessert: Coconut Burfi Baked potatoes	Dessert: Water chestnut cake Sandwiches	Dessert: Pain au chocolat Baked potatoes
<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): 465	Protein (g):15
Fat (g): 16	Carbohydrate (g):63

Chartwells

# The British School of Guangzhou - Weekly Menu

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

weekly menu



Date	Meatless Monday, 18/11/19	Tuesday, 19/11/19	Wednesday, 20/11/19	Thursday, 21/11/19	Friday, 22/11/19
<b>Main Dish</b>	Vegetable dumplings	Teriyaki chicken with rice	Pulled pork burger with chips	Beef stew with mashed potato	Chicken nacho with penne
<b>Vegetarian Option</b>	Veggie Scrambled egg with udon	Teriyaki tofu & vegetables with rice	Falafel burger and chips with garlic sauce	Chickpea and vegetable stew (tagine) with mashed potato	Vegetable tempura with dips
<b>Vegetable Sides</b>	Sauted Pak choi	Green pak choi	Corn on the cob	Zucchini	Choysum
<b>Additional Choice</b>	Dessert: Pannacotta with berry coulis Baked potatoes	Sandwiches	Baked potatoes	Sandwiches	Baked potatoes
<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	Protein (g):15
Fat (g): 16	Carbohydrate (g):63

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
<b>Main Dish</b>	Sweet & sour chicken with rice	Spaghetti bolognaise with garlic bread	Grilled pork chop with baby potato	Fish curry with rice	Chicken supreme with rice
<b>Vegetarian Option</b>	Sweet & sour vegetables and tofu with rice	Lentil spaghetti bolognaise with garlic bread	Mac 'n' cheese and trees	Vegetable curry with rice	Cauliflower and quinoa balls with mashed potatoes
<b>Vegetable Sides</b>	Broccoli	Green beans	Corn	Cabbage	Carrot
<b>Additional Choice</b>	Baked potatoes	Sandwiches	Baked potatoes	Sandwiches	Baked potatoes
<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): 4643	Protein (g):15
Fat (g): 15	Carbohydrate (g):64

Chartwells