

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 01/03/2021 - 05/03/2021

weekly menu



Date	Monday, 01/03/21	Tuesday, 02/03/21	Wednesday, 03/03/21	Thursday, 04/03/21	Friday, 05/03/21
Soup	Spinach & Potato Soup	Broccoli Soup	Creamy Mushrooms Soup	Miso Soup	Barley Soup
Main Dish	Chicken Wings with Dumplings & Fried Rice Noodles	Fish Fingers with Fries & Tartar Sauce	Pork Meat Balls & Mash Potato	Teriyaki Chicken with Steamed Rice	Beef Lasagna with Garlic Bread
Vegetarian Option	Vegetarian Dumplings with Fried Rice Noodles	Aloo Gobi Mutter	Quinoa & Veggies Balls with Curry Sauce & Mash Potato	Teriyaki Eggplant with Steamed Rice	Lentils & Spinach Lasagna
Vegetable Sides	Sauteed caixin	Grilled Zucchini	Roast Veggie Mix	Sauteed Lettuce	Cauliflower & Carrots
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans
Sandwich Special(Secondary)	Avocado & Chicken				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):757
Fat (g):24

Protein (g):25
Carbohydrate (g):117

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 08/03/2021-12/03/2021

weekly menu



Date	Monday, 08/03/21	Tuesday, 09/03/21	Wednesday, 10/03/21	Thursday, 11/03/21	Friday, 12/03/21
Soup	Minestrone Soup	Seaweed & Egg Soup	Mushrooms & Noodle Soup	Corn Chowder	Pea Soup
Main Dish	Pasta Bolognese with Garlic Bread	Bangers & Roasted New Potato & Gravy Sauce	Curry Fish & Shrimp with Fried Rice	Shepherds Pie with Garlic Bread	Cajun Fried Chicken & "Dirty" Rice
Vegetarian Option	Pesto Pasta & Roast Tomatoes with Garlic Bread	Quinoa & Cauliflower Balls with Coconut Sauce	Butternut Squash & Spinach Curry	Baked polenta Pie with Cheese & Basil	Stir Fried Soba Noodles with Tofu
Vegetable Sides	Sauteed Cauliflower & Carrots	Grilled Veggies	Sauteed Lettuce	Garlic Broccoli	Sweet Corn on Cob
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans
Sandwich Special(Nanhu)	Roast Beef & Beetroot Relish				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):756
Fat (g):22

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

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 15/03/2021 - 19/03/2021

weekly menu



Date	Monday, 15/03/21	Tuesday, 16/03/21	Wednesday, 17/03/21	Thursday, 18/03/21	Friday, 19/03/21
Soup	Pumpkin Velvet Soup	Minestrone Soup	Roast Tomato Soup	Miso Soup	Egg & Tomato Soup
Main Dish	Pepperoni Pizza with Potato Roasties	Grilled Chicken with Onion Gravy & Mash	Sausage and Ham Pasta with Tomato Sauce & Garlic Bread	Teriyaki Cha Siu with Steamed Rice	Sweet & Sour Chicken with Fried Rice
Vegetarian Option	Pizza Margherita with Potato Roasties	Cauliflower Patties with Tomato Sauce & Mash	Baked Polenta Pie with Cheese & Basil	Teriyaki Tofu & Veggies with Steamed Rice	Singapore Noodles with Pan-Fried Tofu
Vegetable Sides	Sauteed Broccoli	Grilled Veggies	Zucchini with Tomatoes	Garlic Pak Choi	Sauteed Cauliflower
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans
Sandwich Special(Secondary)	Bacon & Egg Salad				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):758	Protein (g):25
Fat (g): 23	Carbohydrate (g):113

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 22/03/2021 - 26/03/2021

weekly menu



Date	Monday, 22/03/21	Tuesday, 23/03/21	Wednesday, 24/03/21	Thursday, 25/03/21	Friday, 26/03/21
Soup	Broccoli & Spinach Soup	Creamy Corn Soup	Kenchinjiru Soup	Pistou Soup	Roasted Pumpkin Soup
Main Dish	Chicken & Mushrooms with Pasta & Garlic Bread	Beef Cheese Burger with Chips	BBQ Pork with Steamed Rice	Cajun Roast Fish with Mini Potatoes & Banana Ketchup	Chicken Masala with Fried Rice
Vegetarian Option	Tomatoes & Ricotta Cheese Pasta with Garlic Bread	Veggie Cheese Burger with Chips	Kung Pao Tofu with Veggies & Steamed Rice	Spanish Omelette with Roast Bell Peppers	Chickpea & Cauliflower Curry with Fried Rice
Vegetable Sides	Lemon Butter Broccoli	Roast Veggies	Garlic Pak Choi	Ratatouille	Zucchini with Tomatoes
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans
Sandwich Special(Secondary)	BBQ Pulled Pork				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

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

Protein (g):26
Carbohydrate (g):116

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 29/03/2021 - 01/04/2021

weekly menu



Date	Monday, 29/03/21	Tuesday, 30/03/21	Wednesday, 31/03/21	Thursday, 01/04/21	Friday, 02/04/21
Soup	Veggie Soup	Barley Soup	Spinach & Potato Soup	Egg & Tomato Soup	Holiday
Main Dish	Braised Duck Wings & Dumplings & Fried Wudong Noodles	Stir Fried Beef with Mushrooms & Fried Rice	Chicken Meatballs with Pasta	Braised Pork with Steamed Rice & Boiled Egg	
Vegetarian Option	Vegan Dumplings with Fried Wudong Noodles	Kung Pao Tofu with Fried Rice	Quinoa & Cauliflower Balls in Coconut Sauce	Vegan Mapo Tofu with Steamed Rice	
Vegetable Sides	Sauteed Caixin	Garlic Cauliflower	Garlic Broccoli	Sauteed Pak Choi	
Additional Choice	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	Jacket Potato with Chilli/Cheese/Beans	
Sandwich Special(Secondary)	Shrimp & Crab Meat Salad				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):743
Fat (g):22

Protein (g): 23
Carbohydrate (g):118

Chartwells