## The British School of Guangzhou Weekly Snack Menu



Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:15am	Toddler / Pre- Nursery / Nursery	Yakult & Fresh-Cut Apple & Cutted Boiled Eggs	Milk & Pineapple Mini Bun & Fresh-cut Honey-melon	Yakult & Crossaint & Fresh-cut Dragon Fruit	Yoghurt & Half-cut Cherry Tomato & Pancake	Milk & Oat Cookies & Fresh-cut Fruit
10:40am	Toddler	N/A		Milk & Scrambled Eggs and squares of Bread & Grapes	N/A	
11:00am	Toddler	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Cucumber and Carrot Sticks & Muffin	N/A	Milk & Crackers+Cream Cheese & Fresh-cut Fruit	Yakult & Tortellini in tomato sauce /Tomato Pasta & Banana
13:30pm	Pre-Nursery/ Nursery	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Cucumber Sticks & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Crackers+Cream Cheese & Fresh-cut Fruit	Yakult & Tortellini in tomato sauce /Tomato Pasta & Banana
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:15am	Toddler / Pre- Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut & Cutted-Boiled Egg	Yoghurt and Mini Tuna and Sweet Corn Sandwich & Fresh- Cut Cucumber Stick	Yakult and Wafer biscuit & Grapes	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
10:40am	Toddler	N/A		Milk & Pancake & Fresh-cut Honey- Melon	N/A	
11:00am	Toddler	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & Swiss Roll Cake and Fresh-cut Apple	N/A	Milk & Rainsins Danish & Fresh-Cut Mixed Fruit	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
13:30pm	Pre-Nursery/ Nursery	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & Swiss Roll Cake and Fresh-cut Apple	Milk & Pancake & Fresh-cut Honey- Melon	Milk & Rainsins Danish & Fresh-Cut Mixed Fruit	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:15am	Class  Toddler / Pre- Nursery/ Nursery	Milk & Mini	Tuesday  Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi	Wednesday  Milk & Scrambled Eggs and squares of Bread & Grapes	Thursday  Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Friday  Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread
	Toddler / Pre-	Milk & Mini Cucumber Cheese Sandwich & Fresh-	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi	Milk & Scrambled Eggs and squares of	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Milk & Fresh-Cut Honey-Melon & Baked beans and
9:15am	Toddler / Pre Nursery/ Nursery	Milk & Mini Cucumber Cheese Sandwich & Fresh Cut Dragon Fruit	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi	Milk & Scrambled Eggs and squares of Bread & Grapes Yoghurt and Fresh- cut Water-Melon &	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread
9:15am 10:40am	Toddler / Pre- Nursery/ Nursery Toddler	Milk & Mini Cucumber Cheese Sandwich & Fresh- Cut Dragon Fruit N, Yoghurt and Raisins Danish & Fresh-cut	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi /A Yakult and Cutted Boilded Egg & Fresh-	Milk & Scrambled Eggs and squares of Bread & Grapes  Yoghurt and Fresh- cut Water-Melon & Spring Roll	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun  N  Yakult and Wraps with Cheese and Cucumber & Fresh-	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread  /A  Yoghurt and Pancake & Fresh-cut Dragon
9:15am 10:40am 11:00am	Toddler / Pre- Nursery/ Nursery  Toddler  Toddler  Pre-Nursery/	Milk & Mini Cucumber Cheese Sandwich & Fresh- Cut Dragon Fruit  N/  Yoghurt and Raisins Danish & Fresh-cut Pear  Yoghurt and Raisins Danish & Fresh-cut	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi  /A  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Yakult and Cutted Boilded Egg & Fresh-	Milk & Scrambled Eggs and squares of Bread & Grapes  Yoghurt and Fresh- cut Water-Melon & Spring Roll  N/A  Yoghurt and Fresh- cut Water-Melon &	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun  N  Yakult and Wraps with Cheese and Cucumber & Fresh- cut Apple  Yakult and Wraps with Cheese and Cucumber & Fresh-	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread  /A  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Yoghurt and Pancake
9:15am 10:40am 11:00am	Toddler / Pre- Nursery/ Nursery  Toddler  Toddler  Pre-Nursery/ Nursery	Milk & Mini Cucumber Cheese Sandwich & Fresh- Cut Dragon Fruit  N/  Yoghurt and Raisins Danish & Fresh-cut Pear  Yoghurt and Raisins Danish & Fresh-cut Pear  Monday  Yakult & Fresh-Cut	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi  /A  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon	Milk & Scrambled Eggs and squares of Bread & Grapes  Yoghurt and Fresh- cut Water-Melon & Spring Roll  N/A  Yoghurt and Fresh- cut Water-Melon & Spring Roll  Wednesday  Yakult & Crossaint &	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun  N  Yakult and Wraps with Cheese and Cucumber & Fresh- cut Apple  Yakult and Wraps with Cheese and Cucumber & Fresh- cut Apple	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread  /A  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Yoghurt and Pancake & Fresh-cut Dragon Fruit
9:15am  10:40am  11:00am  13:30pm  Week 4	Toddler / Pre- Nursery/ Nursery  Toddler  Toddler  Pre-Nursery/ Nursery  Class  Toddler / Pre-	Milk & Mini Cucumber Cheese Sandwich & Fresh- Cut Dragon Fruit  Ny Yoghurt and Raisins Danish & Fresh-cut Pear  Yoghurt and Raisins Danish & Fresh-cut Pear  Monday  Yakult & Fresh-Cut Apple & Cutted	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi  /A  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Tuesday  Milk & Pineapple Mini Bun & Fresh-cut Honey-melon	Milk & Scrambled Eggs and squares of Bread & Grapes  Yoghurt and Fresh- cut Water-Melon & Spring Roll  N/A  Yoghurt and Fresh- cut Water-Melon & Spring Roll  Wednesday  Yakult & Crossaint & Fresh-cut Dragon	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun  Note: The steam of the steam	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread  /A  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Milk & Oat Cookies &
9:15am  10:40am  11:00am  13:30pm  Week 4  9:15am	Toddler / Pre- Nursery/ Nursery  Toddler  Toddler  Pre-Nursery/ Nursery  Class  Toddler / Pre- Nursery / Nursery	Milk & Mini Cucumber Cheese Sandwich & Fresh- Cut Dragon Fruit  N/  Yoghurt and Raisins Danish & Fresh-cut Pear  Yoghurt and Raisins Danish & Fresh-cut Pear  Monday  Yakult & Fresh-Cut Apple & Cutted Boiled Eggs	Yoghurt and Fresh- cut Apple & Sweet Potato Purple Baozi  /A  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Yakult and Cutted Boilded Egg & Fresh- cut Honey-Melon  Tuesday  Milk & Pineapple Mini Bun & Fresh-cut Honey-melon	Milk & Scrambled Eggs and squares of Bread & Grapes  Yoghurt and Fresh- cut Water-Melon & Spring Roll  N/A  Yoghurt and Fresh- cut Water-Melon & Spring Roll  Wednesday  Yakult & Crossaint & Fresh-cut Dragon Fruit  Milk & Scrambled Eggs and squares of Bread & Grapes	Milk and Fresh-cut Fruit & Steamed Creamy Custard Bun  Note: The steam of the steam	Milk & Fresh-Cut Honey-Melon & Baked beans and squares of bread  /A  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Yoghurt and Pancake & Fresh-cut Dragon Fruit  Milk & Oat Cookies & Fresh-cut Fruit