

The British School of Guangzhou - Weekly Menu
Lunch Set Menu 08/04/2019 - 12/04/2019

weekly menu



Date	Monday, 08/04/19	Tuesday, 09/04/19	Wednesday, 10/04/19	Thursday, 11/04/19	Friday, 12/04/19
Soup	N/A	N/A	Lentils Soup	N/A	N/A
Choice A	Sweet & Sour Pork with Steamed Rice	Chicken Supreme with Pasta	Curry Beef with Basmati Rice	Fish Fingers with Roast Potatoes	Roast Chicken with Onion Gravy & Tomato Rice
Choice B	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day
Vegetarian Main Course	Sweet & Sour Eggplant with Steamed Rice	Pesto Pasta with Veggies & Tomato Sauce	Cauliflower & Chickpea Coconut Curry	Quinoa & Mushrooms Stuffed Peppers with Roast Potatoes	Potato & Asparagus Frittata
Vegetable Side	Sauteed Lettuce	Grilled Zucchini	Sauteed Pak Choi	Broccoli & Carrots	Cauliflower & Carrots
Weekly Special(Nanhu)	Chicken Kebabs with Fried Rice & Green Papaya Salad				
Sandwich Special(Secondary)	Crab & Shrimps Chilli Salad				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):771
Fat (g):22

Protein (g):29
Carbohydrate (g):120

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 15/04/2019 - 19/04/2019

weekly menu



Date	Monday, 15/04/19	Tuesday, 16/04/19	Wednesday, 17/04/19	Thursday, 18/04/19	Friday, 19/04/19
Soup	N/A	N/A	Onion Soup	N/A	N/A
Choice A	Chicken Fajitas with New Potato	Stir Fry Pork with Bean Sauce & Steamed Rice	Beef Stew with Mash Potato	Seafood Mix Tomato Pasta	BBQ Chicken Wings with Fried Rice
Choice B	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day
Vegetarian Main Course	Mixed Beans & Veggies Chili	Stir Fried Noodles with Veggies & Tofu	Veggie Stew with Cheesy Dumplings & Mash Potato	One Pot Veggie Parmesan Pasta	Couscous Stuffed Tomatoes
Vegetable Side	Corn on Cob	Sauteed Pak Choi	Broccoli & Carrots	Grilled Veggies	Cauliflower & Carrots
Weekly Special(Nanhu)	Ramen Noodles Soup				
Sandwich Special(Secondary)	Egg Salad & Roast Bacon				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):757
Fat (g):22

Protein (g):25
Carbohydrate (g):116

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 22/04/2019 - 25/04/2019

weekly menu



Date	Monday, 22/04/19	Tuesday, 23/04/19	Wednesday, 24/04/19	Thursday, 25/04/19	Friday, 26/04/19
Soup	N/A	N/A	Minestrone Soup	N/A	N/A
Choice A	Coconut Chicken with Steamed Rice	Pork Stew with Mash Potato	Beef Meat Balls with Tomato Sauce & Pasta	Cajun Roast Fish with Roast Potatoes	Chicken Teriyaki with Steamed Rice
Choice B	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Chef Sandwich of the Day	Jacket Potato with Chilli Beef/Cheese/Baked Beans	Jacket Potato with Chilli Beef/Cheese/Baked Beans
Vegetarian Main Course	Veggie Biryani	Potato & Mushrooms Pancake with Sour Cream	Roast Eggplant & Sweet Peppers Pesto with Pasta	Veggies & Quinoa Pancakes & Roast Potatoes	Teriyaki Tofu with Steamed Rice
Vegetable Side	Cauliflower & Carrots	Broccoli & Carrots	Roast Veggies Mix	Green Pea & Carrots	Sauteed Lettuce
Weekly Special(Nanhu)	BBQ Beef Brisket, Mac & Cheese & Corn Muffins				
Sandwich Special(Nanhu)	Grilled Eggplant & Hummus				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):748
Fat (g):23

Protein (g):25
Carbohydrate (g):115

Chartwells