The British School of Guangzhou (SL) Weekly Snack Menu



Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruits & Cutted- Boiled Egg	Yoghurt and Mini Tuna Sandwich & Fresh-Cut Fruits	Yakult and Rainsins Bread & Grapes	Milk & Fresh-cut Fruits & Crossaint
9:40am @ Covered Playground	Nursery	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruits & Cutted- Boiled Egg	Yoghurt and Mini Tuna and Sweet Corn Sandwich & Fresh- Cut Fruits	Yakult and Rainsins Bread & Grapes	Milk & Fresh-cut Fruits and Orange & Crossaint
14:00PM @ Canteen	Pre-Nursery	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & and Fresh-cut Apple & Saqima	Milk & Pancake & Fresh-cut Honey- Melon	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
13:30PM @ covered Playground	Nursery	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & and Fresh-cut Apple & Saqima	Milk & Pancake & Fresh-cut Honey- Melon	Milk & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery	Milk and Fresh-Cut Fruits & Pesto Pasta	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Fruits	Yakult and Waffles & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
9:40am @ Covered Playground	Nursery	Milk and Fresh-Cut Fruits & Pesto Pasta	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Fruits	Yakult and Waffles & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & Crossaint
14:00PM @ Canteen	Pre-Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Mini Donut and Fresh-cut Fruits	Milk & Pancake & Fresh-cut Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits
13:30PM @ covered Playground	Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Mini Donut and Fresh-cut Fruits	Milk & Pancake & Fresh-cut Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery	Yakult & Fresh-Cut Apple & Honey Melon & Cutted Boiled Eggs	Milk & Pineapple Mini Bun & Fresh-cut Honey-melon & Apple	Yakult & Waffle & Fresh-cut Dragon Fruit	Yoghurt & Half-cut Cherry Tomato & Pancake & Syrup	Milk & Homemade Oat Cookies & Fresh- cut Fruits
9:40am @ Covered		Yakult & Fresh-Cut	Milk & Pineapple	Yakult & Waffle &	Yoghurt & Half-cut	
Playground	Nursery	Apple & Honey Melon & Cutted Boiled Eggs	Mini Bun & Fresh-cut Honey-melon & Apple	Fresh-cut Dragon Fruit	Cherry Tomato & Pancake & Syrup	Milk & Homemade Oat Cookies & Fresh- cut Fruits
Playground 14:00PM @ Canteen	Nursery Pre-Nursery	Melon & Cutted	Honey-melon &		Cherry Tomato &	Oat Cookies & Fresh-
14:00PM		Melon & Cutted Boiled Eggs Milk & Mini Cucumber&Cheese	Honey-melon & Apple Yoghurt & Fresh-Cut	Fruit Milk & Scrambled Eggs and squares of	Cherry Tomato & Pancake & Syrup Milk & Mini Donut &	Oat Cookies & Freshcut Fruits Yakult & Homemade
14:00PM @ Canteen 13:30PM @ covered	Pre-Nursery	Melon & Cutted Boiled Eggs Milk & Mini Cucumber & Cheese Sandwich & Banana Milk & Mini Cucumber & Cheese	Honey-melon & Apple Yoghurt & Fresh-Cut Fruit & Muffin Yoghurt & Fresh-Cut	Fruit Milk & Scrambled Eggs and squares of Bread & Grapes Milk & Scrambled Eggs and squares of	Cherry Tomato & Pancake & Syrup Milk & Mini Donut & Fresh-cut Fruits Milk & Mini Donut &	Oat Cookies & Freshcut Fruits Yakult & Homemade cup cake & Banana Yakult & Homemade
14:00PM @ Canteen 13:30PM @ covered Playground	Pre-Nursery Nursery	Melon & Cutted Boiled Eggs Milk & Mini Cucumber&Cheese Sandwich&Banana Milk & Mini Cucumber&Cheese Sandwich&Banana	Honey-melon & Apple Yoghurt & Fresh-Cut Fruit & Muffin Yoghurt & Fresh-Cut Fruit & Muffin	Fruit Milk & Scrambled Eggs and squares of Bread & Grapes Milk & Scrambled Eggs and squares of Bread & Grapes	Cherry Tomato & Pancake & Syrup Milk & Mini Donut & Fresh-cut Fruits Milk & Mini Donut & Fresh-cut Fruits	Oat Cookies & Freshcut Fruits Yakult & Homemade cup cake & Banana Yakult & Homemade cup cake & Banana
14:00PM @ Canteen 13:30PM @ covered Playground Week 4	Pre-Nursery Nursery Class	Melon & Cutted Boiled Eggs Milk & Mini Cucumber&Cheese Sandwich&Banana Milk & Mini Cucumber&Cheese Sandwich&Banana Monday Milk and Fresh-Cut Fruits & Mini Cheese&Ham	Honey-melon & Apple Yoghurt & Fresh-Cut Fruit & Muffin Yoghurt & Fresh-Cut Fruit & Muffin Tuesday Yoghurt & Fresh-cut Fruits & Cutted-	Fruit Milk & Scrambled Eggs and squares of Bread & Grapes Milk & Scrambled Eggs and squares of Bread & Grapes Wednesday	Cherry Tomato & Pancake & Syrup Milk & Mini Donut & Fresh-cut Fruits Milk & Mini Donut & Fresh-cut Fruits Thursday Yakult and Rainsins	Oat Cookies & Freshcut Fruits Yakult & Homemade cup cake & Banana Yakult & Homemade cup cake & Banana Friday Milk & Fresh-cut
14:00PM @ Canteen 13:30PM @ covered Playground Week 4 9:30am @ Canteen	Pre-Nursery Nursery Class Pre-Nursery	Melon & Cutted Boiled Eggs Milk & Mini Cucumber&Cheese Sandwich&Banana Milk & Mini Cucumber&Cheese Sandwich&Banana Monday Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich Milk and Fresh-Cut Fruits & Mini Cheese&Ham	Honey-melon & Apple Yoghurt & Fresh-Cut Fruit & Muffin Yoghurt & Fresh-Cut Fruit & Muffin Tuesday Yoghurt & Fresh-cut Fruits & Cutted-Boiled Egg Yoghurt & Fresh-cut Fruits & Cutted-	Fruit Milk & Scrambled Eggs and squares of Bread & Grapes Milk & Scrambled Eggs and squares of Bread & Grapes	Cherry Tomato & Pancake & Syrup Milk & Mini Donut & Fresh-cut Fruits Milk & Mini Donut & Fresh-cut Fruits Thursday Yakult and Rainsins Bread & Grapes Yakult and Rainsins	Oat Cookies & Freshcut Fruits Yakult & Homemade cup cake & Banana Yakult & Homemade cup cake & Banana Friday Milk & Fresh-cut Fruits & Crossaint Milk & Fresh-cut Fruits and Orange &