

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 11/08/2025 - 15/08/2025

weekly menu

Date	Monday, 11/08/25	Tuesday, 12/08/25	Wednesday, 13/08/25	Thursday, 14/08/25	Friday, 15/08/25
Soup					Egg & Seaweed Soup
Main Dish 1					Beef stroganoff with Mushrooms & Pasta with Garlic Bread
Main Dish 2					Chicken Paella
Vegetarian Option					Spanish Tortilla with Roast Bell Peppers
Vegetable Sides					Steamed Broccoli/Garlic Pak Choi
Noodle Station	Braised Meatball Rice Noodles				
Sandwich Special(Secondary)	Slow Cook Beef Brisket				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755

Fat (g):24

Protein (g):24

Carbohydrate (g):115



The British School of Guangzhou - Weekly Menu

Lunch Set Menu 18/08/2025 - 22/08/2025

weekly menu

Date	Monday, 18/08/25	Tuesday, 19/08/25	Wednesday, 20/08/25	Thursday, 21/08/25	Friday, 22/08/25
Soup	Roast Tomato & Quinoa Soup	Miso Soup	Cream Corn Soup	Tofu & Mushrooms Soup	Lentils Soup
Main Dish 1	Italian Meatloaf with Potato Mash	BBQ Pork with Stir fried Udon	Beef Lasagna with Garlic Breads	Grilled Pollock with Roasted Potato	Coconut Chicken Curry with Steamed Rice
Main Dish 2	Stir Fried Corn with Carrots and Fish Cake	Steamed Eggs with Shrimps & Scallion	Stir Fried Pork with Bell Peppers	Sauteed Chicken with Lotus Root & Veggies	Steamed Eggs with Minced Pork & Scallion
Vegetarian Option	Tomatoes & Ricotta Bake with Garlic Bread	Vegetarian Dumplings with Rice noodles	Mixed Beans Masala	Stir Fried Miso Eggplant with Steamed Rice	Quinoa & Cauliflower Balls
Vegetable Sides	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Grilled Zucchini/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Sauteed Broccoli/Steamed Lettuce	Stir Fried Veggie Mix/Sauteed Cabbage
Noodle Station	Shrimp Cake Rice Noodles				
Sandwich Special(Secondary)	Tuna & Corn				
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



The British School of Guangzhou - Weekly Menu

Lunch Set Menu 25/08/2025 - 29/08/2025

weekly menu

Date	Monday, 25/08/25	Tuesday, 26/08/25	Wednesday, 27/08/25	Thursday, 28/08/25	Friday, 29/08/25
Soup	Minestrone	Gourd Soup with Mushrooms	Cabbage & Ginger Soup	Barley Soup	Mung Bean Soup
Main Dish 1	Spaghetti Bolognese with Garlic Bread	Pork Meatballs in Gravy with Mash	Pulled Pork with Pita Bread	Cajun Roast Fish with Patatas Bravas	Chicken Adobo with Steamed Rice
Main Dish 2	Steamed Dumplings with Sweet Soy Sauce	Sauteed Chicken with Bell Peppers	Stir Fried Beef & Smoked Tofu	Stir Fried Pork Mince with Green Beans	Stir Fried Char siu & Vegetable
Vegetarian Option	Cheese Stuffed Tomatoes with Pasta & Garlic Bread	Vegan "Meatballs" in Tomato Sauce	Stewed Tofu with Veggies	Chickpea & Cauliflower Masala	Sauteed Kimchi with Z-Rou and Veggies, with Steamed Rice
Vegetable Sides	Sauteed Veggie Mix/Steamed Lettuce	Cauliflower & Carrots/Sauteed Water Spinach	Roast Pumpkin/Sauteed Mustard Leaves	Ratatouille/Sauteed Lettuce	Steamed Broccoli/Garlic Pak Choi
Noodle Station (Primary Canteen)	Braised Beef Rice Noodle				
Sandwich Special(Secondary)	Pulled Pork BBQ				
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



The British School of Guangzhou Weekly Snack Menu

Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	/				Milk & Fresh-cut Fruits & Croissant
14:00PM	Pre-Nursery/ Nursery					Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Milk and Fresh-Cut Fruits & Mini Donut	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Yoghurt and Muffin & Fresh-Cut Fruits	Milk and Vegetarian Bun & Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & whole wheat Raisins Bread
14:00PM	Pre-Nursery/ Nursery	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Fresh-Cut Fruits&Soda biscuit with cheese	Milk & Pancake &Cherry tomato & Fresh-cut Fruits	Yoghurt and Garlic Bread & Fresh-cut Mixed Fruits	Milk & Egg Tart & Fresh-Cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Toddlers/ Pre-Nursery/ Nursery	Yakult & Cotted-Boiled Egg & Fresh-Cut Fruits	Milk & Homemade Pineapple bread & Fresh-Cut Fruits	Yoghurt & Waffle & Fresh-Cut Fruits	Yoghurt & Fresh-Cut Fruits & Pancake	Milk & Whole wheat Cookies & Fresh-cut Fruits
14:00PM	Pre-Nursery/ Nursery	Yoghurt & Homemade Muffin & Fresh-Cut Fruits	Yoghurt & Mini Cucumber & Cheese Sandwich & Fresh-Cut Fruits	Milk & Scrambled Eggs & Fresh-Cut Fruits	Milk & Whole wheat biscuit & Fresh-cut Fruits	Yakult & Homemade cup cake & Fresh-Cut Fruits