

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 08/04/2024 - 12/04/2024

weekly menu



Date	Monday, 08/04/24	Tuesday, 09/04/24	Wednesday, 10/04/24	Thursday, 11/04/24	Friday, 12/04/24
Soup	Roast Pumpkin Soup	Red Beans Soup	Egg & Tomato Soup	Pumpkin Soup	Cabbage & Ginger Soup
Main Dish 1	Bolognese Pasta with Garlic Bread	Chicken Stew with Mash Potatoes & Gravy	BBQ Pork with Steamed Rice	Fish Fingers with Potatoes	Steamed Chicken with Mushrooms
Main Dish 2	Sauteed Tofu with Shrimps, Shiitake Mushrooms & Carrots	Thai Fried Rice with Pork & Basil	Egg & Tomato Stir Fry	Sauteed Veggie Mix & Pork	Beef with Bean Curd and Bell Peppers
Vegetarian Option	Cheese & Veggies Pesto Pasta with Poached Eggs	Quinoa & Mushrooms Cabbage Rolls with Tomato Sauce	Eggplant & Green Beans Stir Fry	Cuscus Stuffed Peppers	Spanish Tortilla with Roast Bell Peppers
Vegetable Sides	Cauliflower & Carrots/Sauteed Lettuce	Grilled Veggies Mix /Steamed Bok Choi	Sauteed Broccolies/Steamed Lettuce	Zuccinies with Tomatoes/Sauteed Choi Sum	Roast Pumpkin/Sateed Whater Spinach
Noodle Station (Primary Canteen)	Meatballs Noodle				
Sandwich Special(Secondary)	Bacon & Egg Salad				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):748
Fat (g):24

Protein (g): 25
Carbohydrate (g):118

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 15/04/2024 -19/04/2024

weekly menu



Date	Monday, 15/04/24	Tuesday, 16/04/24	Wednesday, 17/04/24	Thursday, 18/04/24	Friday, 19/04/24
Soup	Roast Tomato & Quinoa Soup	Kenchinjiru Soup	Tofu & Mushrooms Soup	Lentils Soup	Miso Soup
Main Dish 1	Chicken Blanquette with Pasta	Pork Meatballs with Steamed Rice	Chinese Beef Stew & Radish with Steamed Rice	Roast Pork with Apple Sauce & Mash	Teriyaki Chicken with Steamed Rice
Main Dish 2	Sauteed Zucchinies with Pork and Black Beans	Sauteed Chinese Pot with Duck, Taro And Green Beans	Sauteed Chicken with Lotus Root & Veggies	Stir Fried Eggs & Tomatoes	Steamed Eggs with Minced Pork & Scallion
Vegetarian Option	Tomatoes & Ricotta Bake with Garlic Bread	Onions & Eggs and Mushroom Pie	Stir Fried Tofu with Veggies & Udon Noodles	Stir Fried Miso Eggplant with Steamed Rice	Quinoa & Cauliflower Balls
Vegetable Sides	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Roast Veggies/Sauteed Tatsoi	Grilled Zucchinies/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Stir Fried Veggie Mix/Sauteed Cabbage
Noodle Station (Primary Canteen)	Beef Noodle Soup				
Sandwich Special(Secondary)	Roast Pork BBQ				
Dessert	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):755
Fat (g):25

Protein (g):27
Carbohydrate (g):115

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 22/04/2024 - 26/04/2024

weekly menu



Date	Monday, 22/04/24	Tuesday, 23/04/24	Wednesday, 24/04/24	Thursday, 25/04/24	Friday, 26/04/24
Soup	Miso Soup	Roast Tomato & Lentils Soup	Sweet Corn Soup	Red Bean Soup	Egg & Seaweed Soup
Main Dish 1	Stir Fried Pork with Bean Sauce & Fried Rice Noodles	Coconut Chicken Curry with Steamed Rice	Bolognese Lasagna with Garlic Bread	Soy & Sweet Chilli Fish with Steamed Rice	Stewed Pork with Pumpkin and Steamed Rice
Main Dish 2	Egg & Tomato Stir Fry	Eggplant and Pork Stew	Sauteed Chicken with Bell Peppers	Mapo Tofu	Steamed Eggs with Shrimps & Scallion
Vegetarian Option	Roast Pumpkin & Cheese Frittata	Aloo Gobi with Steamed Rice	Lentils & Spinach Lasagna with Garlic Bread	Singapore Noodles with Pan-Fried Tofu	Z Rou Meatballs & Veggies Stew
Vegetable Sides	Sauteed Veggie Mix/Steamed Lettuce	Cauliflower & Carrots/Sauteed Water Spinach	Grilled Veggie Mix/Sauteed Mustard Leaves	Roast Pumpkin/Sauteed Lettuce	Steamed Broccoli/Garlic Pak Choi
Noodle Station (Primary Canteen)	Dumplings & Noodles Soup				
Sandwich Special(Secondary)	Spicy Crab Salad				
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):115

Chartwells

The British School of Guangzhou - Weekly Menu

Lunch Set Menu 29/04/2024 - 03/05/2024

weekly menu



Date	Monday, 29/04/24	Tuesday, 30/04/24	Wednesday, 01/05/24	Thursday, 03/11/23	Friday, 24/11/23
Soup	Veggie Soup	Cabbage & Ginger Soup	Holiday	Barley Soup	Mung Beans Soup
Main Dish 1	Sausage & Ham Pasta with Garlic Bread	Stewed Pork with Boiled Rice & Egg		Cajun Roast Fish with Potatoes	Chicken Adobo & rice Noodles
Main Dish 2	Steamed Eggs with Minced Pork & Scallion	Sauteed Chicken with Bell Peppers		Soy Stewed Duck Wings with Steamed Rice	Stir Fried Beef with Bean Curd and Peppers
Vegetarian Option	Zrou Vegan Bolognese with Garlic Bread	Chickpea & Cauliflower Masala		Stir Fried Tofu with Veggies	Baked Rice Kimchi with Veggies & Zrou
Vegetable Sides	Sauteed Veggie Mix/Steamed Lettuce	Cauliflower & Carrots/Sauteed Water Spinach		Ratatouille/Sauteed Lettuche	Steamed Broccoli/Garlic Pak Choi
Noodle Station (Primary Canteen)	Chicken Lasagna Noodles				
Sandwich Special(Secondary)	Egg & Bacon Salad				
Dessert	Dessert of the day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):761
Fat (g):24

Protein (g):26
Carbohydrate (g):117

Chartwells