

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 04/03/2024 - 08/03/2024

weekly menu



Date	Monday, 04/03/24	Tuesday, 05/03/24	Wednesday, 06/03/24	Thursday, 07/03/24	Friday, 08/03/24
<b>Soup</b>	Roast Pumpkin Soup	Tomato & Lentils	Red Beans Soup	Seaweed & Wintermelon Soup	Miso Soup
<b>Main Dish 1</b>	Bolognese Pasta with Garlic Bread	Chicken Tikka with Steamed Rice	Roast Pork & Mash Potato with Gravy	Sweet & Sour Fish with Steamed Rice	Teriyaki Chicken with Steamed Rice
<b>Main Dish 2</b>	Sauteed Tofu with Shrimps, Shiitake Mushrooms & Carrots	Zucchini and Pork Stir Fry	Stir Fried Eggs with Tomatoes	Chicken Biryani	Beef with Bean Curd and Bell Peppers
<b>Vegetarian Option</b>	Cheese & Veggies Pesto Pasta with Tomato Eggs	Chickpea & Cauliflower Curry with Steamed Rice	Quinoa & Veggies Balls in Coconut Sauce	Eggplant, Tofu & Green Beans Stir Fry	Cuscus Stuffed Peppers
<b>Vegetable Sides</b>	Cauliflower & Carrots/Sauteed Lettuce	Steamed Broccoli/Roast Pumpkin	Grilled Veggies Mix /Steamed Bok Choi	Sauteed Broccolies/Steamed Lettuce	Zuccinies with Tomatoes/Sauteed Choi Sum
<b>Noodle Station (Primary Canteen)</b>	Fish and Beef Meatballs Noodle				
<b>Sandwich Special(Secondary)</b>	Marinara Meatballs				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):744

Fat (g):23

Protein (g): 24

Carbohydrate (g):115

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 11/03/2024 - 15/03/2024

weekly menu



Date	Monday, 11/03/24	Tuesday, 12/03/24	Wednesday, 13/03/24	Thursday, 14/03/24	Friday, 15/03/24
<b>Soup</b>	Roast Tomato & Quinoa Soup	Veggie Soup	Kenchinjiru Soup	Tofu & Mushrooms Soup	Green Bean Soup
<b>Main Dish 1</b>	Ham & Sausage Tomato Pasta with Garlic Bread	Beef Stew with Mashed Potatoes	BBQ Pork with Rice Noodles	Roast Fish with Potatoes & Tartar Sauce	Grilled Chicken with Coconut Sauce, Coriander & Rice
<b>Main Dish 2</b>	Stir Fried Corn with Carrots and Fish Cake	Stewed Duck with Pumpkin	Steamed Eggs with Shrimps & Scallion	Sauteed Chicken with Veggies	Stir Fried Beef with Mushrooms
<b>Vegetarian Option</b>	Mixed Beans Tomato Stew	Onions, Eggs and Mushroom Pie	Stir Fried Tofu with Veggies & Rice Noodles	Zrou Balls with Veggies & Tomato Sauce	Potato & Roast Bell Peppers Tortilla
<b>Vegetable Sides</b>	Sauteed Broccoli & Carrots/Stir Fried Bok Choi	Roast Veggies/Sauteed Tatsoi	Grilled Zucchini/Sauteed Napa Cabbage	Cauliflower & Carrots/Sauteed Lettuce	Stir Fried Veggie Mix/Sauteed Cabbage
<b>Noodle Station (Primary Canteen)</b>	Chicken Laksa				
<b>Sandwich Special(Secondary)</b>	BBQ Chicken				
<b>Dessert</b>	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

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 18/03/2024 - 22/03/2024

weekly menu



Date	Monday, 18/03/24	Tuesday, 19/03/24	Wednesday, 20/03/24	Thursday, 21/03/24	Friday, 22/03/24
<b>Soup</b>	Minestrone	Gourd Soup with Mushrooms	Cabbage & Ginger Soup	Barley Soup	Mung Bean Soup
<b>Main Dish 1</b>	Bulgogi Beef with Steamed Rice	Chicken Meatballs in Gravy with Mash	Stewed Pork with Boiled Rice & Egg	Soy & Sweet Chilli Fish with Steamed Rice	Chicken Wings with Rice Noodles
<b>Main Dish 2</b>	Steamed Dumplings with Sweet Soy Sauce	Stir Fried Pork Mince with Green Beans	Sauteed Chicken with Bell Peppers	Eggs & Tomato Stir Fry	Stir Fried Beef with Broccolies & Peppers
<b>Vegetarian Option</b>	Sauteed Kimchi with Z-Rou and Veggies, with Steamed Rice	Vegan "Meatballs" in Tomato Sauce	Stewed Tofu with Veggies	Chickpea & Potato Masala	Veggie & Beans Biryani
<b>Vegetable Sides</b>	Sauteed Veggie Mix/Steamed Lettuce	Cauliflower & Carrots/Sauteed Water Spinach	Roast Pumpkin/Sauteed Mustard Leaves	Ratatouille/Sauteed Lettuce	Steamed Broccoli/Garlic Pak Choi
<b>Noodle Station (Primary Canteen)</b>	Shoyu Ramen				
<b>Sandwich Special(Secondary)</b>	Roast Pork				
<b>Dessert</b>	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

Chartwells

# The British School of Guangzhou - Weekly Menu

Lunch Set Menu 25/03/2024 - 29/03/2024

weekly menu



Date	Monday, 25/03/24	Tuesday, 26/03/24	Wednesday, 27/03/24	Thursday, 28/03/24	Friday, 29/03/24
<b>Soup</b>	Veggie Soup	Mushroom Soup	Lentils & Tomato Soup	Hot & Sour Soup	Pistou Soup
<b>Main Dish 1</b>	Beefstroganoff with Pasta & Garlic Bread	Grilled Chicken with Mash & Onion Gravy	Beef Curry with Steamed Rice	Kung Pao Chicken with Steamed Rice	Spanish Pork Stew with Steamed Rice
<b>Main Dish 2</b>	Stir Fried Pork with Smoked Tofu & Veggies	Braised Beef with Rice Noodles	Sweet & Sour Deep Fried Eggs with Pickles	Veggie & Char Siu Stir Fry Mix	Sticky Roast Duck Wings
<b>Vegetarian Option</b>	Roast Pumpkin & Cheese Frittata	Quinoa & Califlower Patties with Mushroom Sauce	Aloo Gobi	Vegetarian Dumplings with Sweet Soy Sauce	Mixed Beans Casserole
<b>Vegetable Sides</b>	Steamed Broccoli & Carrots/ Sauteed Boc Choi	Grilled Veggies/Sauteed Wintermelon	Sauteed Cauliflower/Steamed Lettuce	Zucchini's with Tomatoes/Sauteed Water Spinach	Roast Veggie Mix/Chinese Broccoli
<b>Noodle Station (Primary Canteen)</b>	Tomato Stewed Beef				
<b>Sandwich Special(Secondary)</b>	Egg & Tuna Salad				
<b>Dessert</b>	Dessert of the Day & Dairy Product				

Daily average nutritional reading over the whole week:

Energy(Kcal):758	Protein (g):25
Fat (g): 23	Carbohydrate (g):113

Chartwells