



## The British School of Guangzhou (OP) Weekly Snack Menu

Week 1	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery/ Nursry	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruits & Cuted-Boiled Egg	Milk and Mini Tuna Sandwich & Fresh-Cut Fruits	Milk and Rainsins Bread & Fresh-cut Fruits	Milk & Fresh-cut Fruits & Mini Baozi
14:00PM @ Canteen	Pre-Nursery/ Nursry	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & andFresh-cut Fruits & Saqima	Yoghurt & Pancake & Fresh-cut Fruits	Yakult & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Daily Sandwich & Fresh-cut Mixed Fruits
Week 2	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery/ Nursry	Milk and Fresh-Cut Fruits & Pesto Pasta	Yoghurt & Fresh-cut Fruits & Mini Cucumber & Cheese Sandwich	Milk and Bread with Jam & Fresh-Cut Fruits	Yakult and Waffles& Fresh-Cut Mixed Fruits	Milk & Fresh-Cut Dragon Fruit and Orange & Raisins bread
14:00PM @ Canteen	Pre-Nursery/ Nursry	Yakult & Crackers & Cheese & Fresh-cut Cucumber and Carrot Sticks	Milk & Mini Donut and Fresh-cut Fruits	Yoghurt & Pancake & Fresh-cut Fruits	Milk & &Garlic Bread and Fresh-Cut Mixed Fruits	Yoghurt and Egg Tart & Fresh-cut Mixed Fruits
Week 3	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery/ Nursry	Milk & Fresh-cut Fruits & Cuted Boiled Eggs	Milk & Mini Baozi & Fresh-cut Fruits	Yakult & Waffle & Fresh-cut Dragon Fruit	Milk & Fresh-cut Fruits & Mini Sandwich	Milk & Homemade Cookies & Fresh-cut Fruits
14:00PM @ Canteen	Pre-Nursery/ Nursry	Yakult & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Fruit & Spring roll	Milk & Scrambled Eggs and squares of Bread & Fresh-cut Fruits	Yoghurt & Pancake & Syrup & Fresh-cut Fruits	Yakult & Homemade cup cake & Banana
Week 4	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery/ Nursry	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruits & Cuted-Boiled Egg	Milk and Mini Tuna Sandwich & Fresh-Cut Fruits	Milk and Rainsins Bread & Fresh-cut Fruits	Milk & Fresh-cut Fruits & Crossaint
14:00PM @ Canteen	Pre-Nursery/ Nursry	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & andFresh-cut Fruits & Saqima	Yoghurt & Pancake & Fresh-cut Fruits	Yakult & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Daily Sandwich & Fresh-cut Mixed Fruits
Week 5	Class	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am @ Canteen	Pre-Nursery/ Nursry	Milk and Fresh-Cut Fruits & Mini Cheese&Ham Sandwich	Yoghurt & Fresh-cut Fruits & Cuted-Boiled Egg	Milk and Mini Tuna Sandwich & Fresh-Cut Fruits	Milk and Rainsins Bread & Fresh-cut Fruits	Milk & Fresh-cut Fruits & Crossaint
14:00PM @ Canteen	Pre-Nursery/ Nursry	Yakult & Pesto Pasta & Fresh-cut Cucumber and Carrot Sticks	Milk & andFresh-cut Fruits & Saqima	Yoghurt & Pancake & Fresh-cut Fruits	Yakult & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Daily Sandwich & Fresh-cut Mixed Fruits