

Snack Menu



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 Playground	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
14:00PM @ Canteen	Pre-Nursery	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Fruit & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Mini Donut & Fresh-cut Fruits	Yakult & Homemade cup cake & Banana
13:30PM @ covered Playground	Nursery	Milk & Mini Cucumber&Cheese Sandwich&Banana	Yoghurt & Fresh-Cut Fruit & Muffin	Milk & Scrambled Eggs and squares of Bread & Grapes	Milk & Mini Donut & Fresh-cut Fruits	Yakult & Homemade cup cake & Banana
Week 4	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	Holiday	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		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 & 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 & Cookies & Fresh-Cut Mixed Fruits	Yoghurt and Mini Cheese Burger & Fresh-cut Mixed Fruits