

British School of Guangzhou- Weekly Menu

8-12 Jan		Monday	Tuesday	Wednesday	Thursday	Friday
Soup		N/A	N/A	Miso Soup	N/A	N/A
Main Dish		Chicken Vesuvio served with Roast Potatoes	Pork & Ham Pie served with New Potatoes	Stir fried Beef with Oyster Sauce served with Rice	Chicken Schnitzel served with Mash Potato	Steamed Fish Fillet with Leek sauce served with Rice Pilaff
Vegetarian Option		Stir fried Udon Noodles with Vegetables	Vegetable Stew	Stuffed Tomatoes with Couscous	Mapo Tofu	Vegetarian Mussaka
Vegetable Sides		Grilled Vegetables	Cabbage & Carrots	Cauliflower, Broccoli and Carrots	Garlic Mini Cabbage	Green Pea & Carrots
Additional Choice		Chef's Sandwich of the Day	Jacket Potato with Bake Bean/Cheese/Bolognaise	Chef's Sandwich of the Day	Jacket Potato with Bake Bean/Cheese/Bolognaise	Chef's Sandwich of the Day
Weekly Special (Nanhu)		Stuffed Cabbage Rolls with Mash Potatoes				
Sandwich Special (Secondary)		Cream Cheese, Avocado & Smoked Salmon				
Dessert		Dessert of the Day & Dairy Product				
Weekly Nutritional Information — 周午餐營養分析(數據)						
Nutrient 營養素名稱		Energy (Kcal) 能量(千卡)	Protein (g) 蛋白質(克)	Fat (g) 脂肪 (克)	Carbohydrate (g) 碳水化合物 (克)	
Quantity 含量		466	28	32	78	
Weekly Nutritional Information (%) — 周午餐營養分析(%)						
Red Meat 紅肉 13%		Fish 水產 8%	White Meat 白肉 12%	Vegetables 蔬菜 41%	Starch 澱粉 20%	Deep Fried 油炸 6%

British School of Guangzhou- Weekly Menu

15-19 Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	N/A	N/A	Corn Chowder	N/A	N/A
Main Dish	Sweet & Sour Pork, served with Steamed Rice	Roast Chicken with Mushroom Sauce, served with New Potatoes	Meatballs with Tomato Sauce & Basil	Russian Style Fish Pie	Chicken Cassoulet, served with Baked Veggie Rice
Vegetarian Option	Mixed Stir Fry Vegetables	Spanish Omelette, with Potato & Peppers	Curry Tofu with Vegetables	Mixed Beans Casserole	Fried Eggs with Tomatoes
Vegetable Sides	Steamed Lettuce	Ratatouille	Roast Pumpkin	Green Peas & Carrots	Lemon & Garlic Broccoli
Additional Choice	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day
Weekly Special (Nanhu)	Vietnamese Beef Noodles Soup				
Sandwich Special (Secondary)	Pork Schnitzel & Roast Tomatoes with Honey Mustard				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy (Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪 (克)	Carbohydrate (g) 碳水化合物 (克)
Quantity 含量	462	26	22	58

Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉
16%

Fish 水产
8%

White Meat 白肉
11%

Vegetables 蔬菜
42%

Starch 淀粉
20%

Deep Fried 油炸
3%

British School of Guangzhou- Weekly Menu

22-26 Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	N/A	N/A	Borsch Soup	N/A	N/A
Main Dish	Pork Casserole, served with Steamed Rice	Shepherds Pie	Korean Fried Chicken Burger, served with Potato Wedges	Mexican Chili Beef, served with Steamed Pumpkin Rice, Fresh Salsa & Garlic Bread	Chicken Wings BBQ, served with Roast Potatoes
Vegetarian Option	Mushrooms Stroganoff	Vegetable Lasagna	Vegetable & Chickpea Curry	Couscous with Roast Vegetables	Teriyaki Tofu with Vegetables
Vegetable Sides	Sauteed Water Cress	Peking Cabbage with Carrots	Steamed Green Vegetables	Garlic Broccoli	Courgette Sauteed with Tomatoes
Additional Choice	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day
Weekly Special (Nanhu)	Chicken Stuffed with Mushrooms, Sweet Potato Mash & Roast Vegetables				
Sandwich Special (Secondary)	Roast Beef & Gravy with English Mustard				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy (Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
Quantity 含量	458	16	14	67

Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉
18%

Fish 水产
0%

White Meat 白肉
19%

Vegetables 蔬菜
39%

Starch 淀粉
21%

Deep Fried 油炸
3%

British School of Guangzhou- Weekly Menu

29-31 Jan	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	N/A	Pea Soup	N/A		
Main Dish	English Beef Stew & Dumplings, served with Mash Potato	Chicken Tikka, served with Pumpkin Rice	Fish & Chips		
Vegetarian Option	Aubergines with Bean Sauce	Chermoula Tofu & Roasted Vegetables	Peppers Stuffed with Lentils in Tomato Sauce		
Vegetable Sides	Cauliflower & Carrots	Mixed Green Vegetables	Green Peas		
Additional Choice	Chef's Sandwich of the Day	Jacket Potato with Chilli/Cheese/Beans	Chef's Sandwich of the Day		
Weekly Special (Nanhu)	Mexican Week (Chili Beef, Vegetable Chili, Corn Salad & Tortillas)				
Sandwich Special (Secondary)	BBQ Pulled Pork & Dried Tomatoes				
Dessert	Dessert of the Day & Dairy Product				

Weekly Nutritional Information 一周午餐营养分析(数据)

Nutrient 营养素名称	Energy (Kcal) 能量(千卡)	Protein (g) 蛋白质(克)	Fat (g) 脂肪(克)	Carbohydrate (g) 碳水化合物(克)
Quantity 含量	454	15	14	67

Weekly Nutritional Information (%) 一周午餐营养分析(%)

Red Meat 红肉
19%

Fish 水产
19%

White Meat 白肉
19%

Vegetables 蔬菜
31%

Starch 淀粉
11%

Deep Fried 油炸
1%