

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of June.

Date	Menu
June 1, 2017	時菜原汁牛腩飯 Rice with beef brisket and vegetable
June 2, 2017	焗什菜豬柳漢堡意粉 Baked spaghetti with pork burger and assorted vegetables
June 5, 2017	焗鮮茄魚柳飯 Baked rice with fish fillet in tomato sauce
June 6, 2017	時菜冬菇肉片飯 Rice with pork slices, mushroom and vegetable
June 7, 2017	薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato
June 8, 2017	雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable
June 9, 2017	烤鰻魚拼豬扒飯 Rice with grilled pork chop and sea eel in Japanese style
June 12, 2017	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
June 13, 2017	雞絲扒豆腐飯 Rice with shredded chicken and tofu
June 14, 2017	蘿蔔炆牛腩配撈麵 Lo Mein (noodles) with stewed beef brisket and turnip
June 15, 2017	甜酸洋蔥雞扒飯 Rice with chicken steak and onion in sweet and sour sauce
June 16, 2017	焗葡汁雞粒天使麵 Baked angel hair with diced chicken in Portuguese style
June 19, 2017	粉絲蒸蛋配雞件十穀飯 Ten grain rice with chicken and steamed egg with bean vermicelli
June 20, 2017	鮮茄豬扒飯 Rice with pork chop in tomato sauce
June 21, 2017	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
June 22, 2017	蘿蔔炆魚條飯 Rice with stewed sliced fish patty, turnip and carrot
June 23, 2017	焗西芹豬扒意粉 Baked spaghetti with pork chop and celery
June 26, 2017	粟米飯團配粉粿,燒賣 Corn rice roll and Chiu Chow dumplings, siu mai
June 27, 2017	鮮竹燴粟米肉餅飯 Rice with braised corn patty and bean curd sheet
June 28, 2017	秀珍菇雞柳配什菜撈麵 Lo Mein (noodles) with chicken, assorted vegetables and mushroom
June 29, 2017	怡香茄子燴魚腐飯 Rice with braised fish tofu and eggplants
June 30, 2017	焗咖喱牛柳意粉 Baked spaghetti with beef tenderloin in curry sauce

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Dear Parents,

Here is the vegetarian menu of June.

Date	Menu
June 1, 2017	干燒伊麵配雲耳炒時瓜豆干 E-fu Chinese fungus, gourd and dried bean curd
June 2, 2017	蘿蔔香芹炆豆卷飯 Rice with stewed bean roll, turnips and celery
June 5, 2017	羅漢上素燴豆卷配赤米飯 Red rice with braised bean roll and buddha's feast
June 6, 2017	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
June 7, 2017	鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage
June 8, 2017	咖喱腰豆茄子薯仔燴闊麵 Braised fettuccine with potato, kidney bean and eggplant in curry sauce
June 9, 2017	西芹炒雞脾菇燴豆干配五穀飯 Five grain rice with braised diced bean curd, celery and mushroom
June 12, 2017	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
June 13, 2017	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
June 14, 2017	素錦繡豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat
June 15, 2017	什菜燴意粉配時蔬 Braised spaghetti with assorted vegetables and vegetable
June 16, 2017	薯仔雞心豆燴時蔬飯 Rice with braised vegetable, potato and chick peas
June 19, 2017	京都汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd sheet roll in Kyoto style sauce
June 20, 2017	南乳炆鮮竹蓮藕飯 Rice with lotus root and stewed bean curd sheet in red fermented bean curd sauce
June 21, 2017	玉蘭珍珠筍燴素豆卷飯 Rice with braised bean roll and mini bamboo shoots
June 22, 2017	磨菇粟米豆腐白汁麥皮麵 Fettuccine with tofu, mushroom and corn in cream sauce
June 23, 2017	上湯雪耳浸津白配腐皮卷麥米飯 Wheat rice with bean curd sheet roll, Chinese cabbage and Chinese white fungus in soup
June 26, 2017	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 Five grain rice with steamed egg, mushroom, tofu and turnips
June 27, 2017	西芹鮮菇豆干飯 Rice with dried bean curd, mushroom and celery
June 28, 2017	時瓜珍珠筍炆腐竹配粟米飯 Corn rice with mini bamboo shoots, stewed bean curd sheet and seasonal gourd
June 29, 2017	黑椒腰豆什菜燴通心粉 Braised macaroni with assorted vegetables and kidney beans in black pepper sauce
June 30, 2017	雙菇燴鮮竹飯 Rice with braised bean curd sheet and mixed mushroom