

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of July.

Date	Menu
July 4, 2017	雞粒陳村粉配豬肉球,時蔬 Diced chicken with Chencun rice sheets, pork balls, vegetable
July 5, 2017	焗美極汁雞柳飯 Baked rice with chicken steak in Meggi sauce
July 6, 2017	鮮竹燴時蔬配撈米粉 Rice vermicelli in sauce with vegetables and bean curd sheet
July 7, 2017	滬式津白肉絲配紅米飯 Red rice with shredded pork and Chinese cabbage
July 10, 2017	鮮菇燴肉餅配麥米飯 Wheat rice with mushroom and pork patty
July 11, 2017	磨菇燴肉粒飯 Rice with diced pork and mushroom
July 12, 2017	腐皮卷配三絲炒麵,時蔬 Fried noodles with mixed shredded meat and bean curd roll, vegetable
July 13, 2017	焗蒜香豬扒扭紋粉 Baked gemelli with pork chop in garlic sauce

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of July.

Date	Menu
July 4, 2017	菠蘿豆腐飯配時蔬 Rice with pineapple and tofu, vegetable
July 5, 2017	葡汁什菜腰豆配十穀飯 Ten grain rice with kidney beans and assorted vegetables in Portuguese style sauce
July 6, 2017	鮮竹燴時蔬配撈米粉 Rice vermicelli in sauce with vegetables and bean curd sheet
July 7, 2017	鮮菇腐皮炆時瓜配紅米飯 Red rice with gourd, mushroom and bean curd sheet
July 10, 2017	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
July 11, 2017	上湯浸時蔬配淡黑椒豆干飯 Vegetable in soup, rice with dried bean curd in light pepper sauce
July 12, 2017	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
July 13, 2017	芝士汁三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato in cheese sauce