

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the menu of September.

Date	Menu
September 1, 2017	焗什菜豬柳漢堡意粉 Baked spaghetti with pork burger and assorted vegetables
September 4, 2017	粟米蒸蛋配豬柳赤米飯 Red rice with pork tenderloin and steamed egg with corns
September 5, 2017	香草肉粒燴意粉配時蔬 Spaghetti with diced pork in herb sauce and vegetable
September 6, 2017	薯仔炆雞球配麥米飯 Wheat rice with chicken pieces and potato
September 7, 2017	雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable
September 8, 2017	烤鰻魚拼豬扒飯 Rice with grilled pork chop and sea eel in Japanese style
September 11, 2017	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
September 12, 2017	焗肉醬千層麵 Baked lasagne with meat sauce
September 13, 2017	焗鮮菌豬柳漢堡飯 Baked rice with pork burger in mushroom sauce
September 14, 2017	甜酸洋蔥雞扒飯 Rice with chicken steak and onion in sweet and sour sauce
September 15, 2017	焗葡汁雞粒天使麵 Baked angel hair with diced chicken in Portuguese style
September 18, 2017	焗低脂芝士汁海鮮飯 Baked rice with seafood in low fat cheese sauce
September 19, 2017	鮮茄豬扒飯 Rice with pork chop in tomato sauce
September 20, 2017	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
September 21, 2017	蘿蔔炆魚條飯 Rice with sliced fish patty, turnip and carrot
September 22, 2017	焗西芹豬扒意粉 Baked spaghetti with pork chop and celery
September 25, 2017	粟米飯團配粉粿,燒賣 Corn rice roll and Chiu Chow dumplings, siu mai
September 26, 2017	鮮竹燴粟米肉餅飯 Rice with corn patty and bean curd sheet
September 27, 2017	秀珍菇雞柳配什菜撈麵 Lo Mein (noodles) with chicken, assorted vegetables and mushroom
September 28, 2017	怡香茄子燴魚腐飯 Rice with fish tofu and eggplants
September 29, 2017	洋蔥豬扒飯 Rice with pork chop and onion

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of September.

Date	Menu
September 1, 2017	蘿蔔香芹炆豆卷飯 Rice with bean roll, turnips and celery
September 4, 2017	羅漢上素燴豆卷配赤米飯 Red rice with bean roll and buddha's feast
September 5, 2017	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
September 6, 2017	鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage
September 7, 2017	咖喱腰豆茄子薯仔燴闊麵 Fettuccine with potato, kidney bean and eggplant in curry sauce
September 8, 2017	西芹炒雞髀菇燴豆干配五穀飯 Five grain rice with diced bean curd, celery and mushroom
September 11, 2017	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
September 12, 2017	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
September 13, 2017	素錦繡豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat
September 14, 2017	什菜燴意粉配時蔬 Spaghetti with assorted vegetables and vegetable
September 15, 2017	薯仔雞心豆燴時蔬飯 Rice with vegetable, potato and chick peas
September 18, 2017	京都汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd skin roll in Kyoto style sauce
September 19, 2017	南乳炆鮮竹蓮藕飯 Rice with lotus root and bean curd sheet in red fermented bean curd sauce
September 20, 2017	玉蘭珍珠筍燴素豆卷飯 Rice with bean roll and mini bamboo shoots
September 21, 2017	磨菇粟米豆腐白汁麥皮麵 Fettuccine with tofu, mushroom and corn in cream sauce
September 22, 2017	上湯雪耳浸津白配腐皮卷麥米飯 Wheat rice with bean curd skin roll, Chinese cabbage and Chinese white fungus in soup
September 25, 2017	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 Five grain rice with steamed egg, mushroom, tofu and turnips
September 26, 2017	西芹鮮菇豆干飯 Rice with dried bean curd, mushroom and celery
September 27, 2017	時瓜珍珠筍炆腐竹配粟米飯 Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
September 28, 2017	黑椒腰豆什菜燴通心粉 Macaroni with assorted vegetables and kidney beans in black pepper sauce
September 29, 2017	雙菇燴鮮竹飯 Rice with braised bean curd sheet and mixed mushroom