



ST. JOHANNES COLLEGE (Catholic School)
Primary Section

2017-2018 August Lunch Menu (Choose one among five per day)

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	E (Vegetarian)	Fruit	Drink	Choice
17/8	Thur	Rice with fish fillet and sweet corn	Baked angel hair with mixed mushroom and pork burger in cheese sauce	Five grain rice with celery and mixed mushroom		✓	
18/8	Fri	Baked rice with beef tenderloin in curry sauce	Spaghetti with diced pork and assorted vegetables in garlic sauce	Corn rice with mushroom and fried egg with tomatoes		✓	
21/8	Mon	Rice with beef in light pepper sauce	Spaghetti with chicken pieces in cream sauce	Stir-fried spaghetti with white mushroom and vegetable		✓	
22/8	Tue	Rice with vegetables and chicken steak, steamed egg with corn	Baked lasagne with Italy style	Rice vermicelli in sauce with vegetables and bean curd sheet		✓	
23/8	Wed	Baked rice with seafood and fish fillet	Spaghetti with chicken steak and mushroom in tomato sauce	Chinese cabbage in soup, rice with bean curd skin roll		✓	
24/8	Thur	Rice with pineapple and pork chop in sweet and sour sauce	Baked spaghetti with beef steak in meat sauce	Rice with potatoes and mushroom, steamed egg		✓	
25/8	Fri	Corn rice with potato and diced pork in curry sauce	Baked shell pasta with chicken in herb sauce	Rice with bean roll, turnips and celery		✓	
28/8	Mon	Rice with beef brisket □	Baked spaghetti with pork chop in tomato sauce	Rice with bean curd skin roll and mushroom		✓	
29/8	Tue	Rice with patty and steamed egg with crab meat	Baked spaghetti with chicken in cream sauce	Rice with baby cabbage, assorted mushrooms and bean curd sheet		✓	
30/8	Wed	Baked rice with diced chicken in herb sauce	Spaghetti with pork chop in meat sauce	Rice with egg and assorted vegetables in curry sauce		✓	
31/8	Thur	Rice with fish fillet and sweet corn	Baked angel hair with mixed mushroom and pork burger in cheese sauce	Five grain rice with celery and mixed mushroom		✓	

The icons below represents essential components of foods, choose carefully if you have food allergy : Y Mushroom d Beef □ □ Egg V Fish(few fish bone maybe included) B Seaf

Remarks: 1 All dishes do not contain broad bean 2 Curry, black pepper and satay sauce will be little bit spicy.

Aug 2017 lunch order 11 days x HK\$26 = HK\$286

Please submit the order form with the correct amount to the office no later than **8 July 2017**.

If you pay by cheques , please make it payable to "St. Johannes College".

***This Lunch fee is non-refundable and non-transferable. Returned cheque will be subjected to HK\$100 handling fee.**