



ST. JOHANNES COLLEGE (Catholic School)  
Primary Section

**2016-2017 July Lunch Menu ( Choose one among five per day )**

Name: \_\_\_\_\_

Class: \_\_\_\_\_

| Meal |      | A (Rice)  | B (Noodle)   | C (Healthy)  | D (Special)   | E (Vegetarian)   | Fruit | Drink | Choice |
|------|------|---|--|--|---|--|-------|-------|--------|
| 4/7  | Mon  | Rice with pork chop in sweet and sour sauce     | Baked twisty pasta with chicken pieces in cream sauce      | Rice with tofu and beef d  | Diced chicken with Chencun rice sheets, pork balls, vegetable               | Rice with pineapple and tofu, vegetable  |       | ✓     |        |
| 5/7  | Tue  | Baked rice with chicken steak in Meggi sauce    | Oat udon with pork chop and minced pork                    | Ten grain rice with diced pork and assorted vegetables in garlic sauce Y | Oat udon with mushroom and fish balls, vegetable VY                         | Ten grain rice with kidney beans and assorted vegetables in Portuguese style sauce Y | ✓     |       |        |
| 6/7  | Wed  | Rice with pork ribs and carrot                  | Baked macaroni with mixed mushrooms and shredded chicken Y | Rice with pork slices and mushroom Y                                     | Assorted steaks with potato and mushroom, bun Y                             | Rice vermicelli in sauce with vegetables and bean curd sheet                         |       | ✓     |        |
| 7/7  | Thur | Red rice with pork chop in light pepper sauce   | Baked spaghetti with chicken and potato                    | Red rice with shredded pork and Chinese cabbage                          | Gemelli in meat sauce, chesses balls and vegetable d                        | Red rice with gourd, mushroom and bean curd sheet Y                                  | ✓     |       |        |
| 10/7 | Mon  | Baked rice with seafood in cream sauce BV       | Spaghetti with beef and assorted vegetables Yd             | Wheat rice with mushroom and pork patty Y                                | Glutinous rice wrapped in lotus leaf and siu mai, vegetable V               | Wheat rice with Chinese cabbage, steamed egg with sweet corn YD                      | ✓     |       |        |
| 11/7 | Tue  | Rice with chicken steak and cherry tomatoes     | Baked lasagne with pumpkin in beef sauce d                 | Rice with diced pork and mushroom Y                                      | Spaghetti with sliced fish patty and cabbage in Japanese style, vegetable V | Vegetable in soup, rice with dried bean curd in light pepper sauce Y                 |       | ✓     |        |
| 12/7 | Wed  | Baked rice with chicken pieces in curry sauce b | E-fu noodles with shredded pork and tofu Y                 | Five grain rice with pork slices in tomato sauce                         | Fried noodles with mixed shredded meat and bean curd roll, vegetable V      | Five grain rice with vegetarian roll, mixed mushrooms and fungus Y                   | ✓     |       |        |
| 13/7 | Thur | Rice with beef brisket and vegetable bd         | Baked gemelli with pork chop in garlic sauce               | Rice with chicken pieces and mushroom Y                                  | Grilled chicken leg with penne and vegetable                                | Fusilli with chick peas and potato in cheese sauce Y                                 |       | ✓     |        |

The icons below represents essential components of foods, choose carefully if you have food allergy : Y Mushroom d Beef D Egg V Fish(few fish bone maybe included) B Seafood ( Shrimp, Crab etc.) b Nuts

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

July 2017 lunch order 8 days x HK\$26 = HK\$208

Please submit the order form with the correct amount to the office no later than 17 June 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.**