



ST. JOHANNES COLLEGE (Catholic School)  
Primary Section

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

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

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

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
1/9	Fri	Rice with beef steak in garlic sauced	Baked spaghetti with pork burger and assorted vegetables	Rice with pork slices and mini bamboo shoots Y	Grilled chicken drumsticks, potato with mushroom and diced vegetable Y	Rice with bean roll, turnips and celery Y	✓		
4/9	Mon	Baked rice with fish fillet in tomato sauce V	Spaghetti with beef and shredded mushroom Yd	Red rice with pork tenderloin and steamed egg with corns DY	Hot dog, mushroom and sweet corn stick Y	Red rice with bean roll and buddha's feast Y	✓		
5/9	Tue	Rice with sesame and Grilled Teriyaki chicken steak Y	Baked fettuccine with beef tenderloin in satay sauce bd	Rice with pork slices, mushroom and vegetable Y	Spaghetti with diced pork in herb sauce and vegetable	Rice with egg and pineapple in tomato sauce DY		✓	
6/9	Wed	Baked rice with chicken steak and red kidney beans b	Rice vermicelli with shredded pork, enoki mushroom and carrots Y	Wheat rice with chicken pieces and potato	Cold noodles with duck breast and egg rice roll, sweet corn D	Wheat rice with tofu, bean curd sheet and Chinese cabbage Y	✓		
7/9	Thur	Rice with pork ribs in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef and eggplants in Chinese herb sauce Yd	Diced chicken with Chencun rice sheets, custard cake, vegetable	Fettuccine with potato, kidney bean and eggplant in curry sauce bY		✓	
8/9	Fri	Rice with grilled pork chop and sea eel in Japanese style VY	Baked spaghetti with shredded chicken and pineapple	Five grain rice with diced pork in curry sauce Y	Chocolate cake, tuna hand roll, diced pineapple VD	Five grain rice with diced bean curd, celery and mushroom Y	✓		
11/9	Mon	Baked rice with seafood and fish fillet V	Spaghetti with chicken pieces and white mushroom Y	Corn rice with patty in minced pork sauce Y	Grilled chicken leg and mashed potato, diced pineapple	Corn rice with steamed egg, mushroom, carrot and gourd DY	✓		
12/9	Tue	Rice with curry pork chop in rural fresh style b	Baked lasagne with meat sauce d	Rice with shredded chicken and tofu Y	Spaghetti with shredded pork and mixed bean, vegetable	Rice with dried bean curd, mushroom and bean vermicelli Y		✓	
13/9	Wed	Baked rice with pork burger in mushroom sauce Y	Lo Mein (noodles) with beef brisket and turnip d	Brown rice with steamed chicken, taro and vegetable Y	Mini cold noodles with crab meat, bun and cherry tomatoes B	Brown rice with tofu and mixed vegetarian meat Y	✓		
14/9	Thur	Rice with chicken steak and onion in sweet and sour sauce	Baked shell pasta with carrot and shredded pork	Rice with diced beef and taro d	Glutinous rice wrapped in lotus leaf and beef balls, vegetable bYd	Spaghetti with assorted vegetables and vegetable Y		✓	
15/9	Fri	Rice with beef in white mushroom sauce Y d	Baked angel hair with diced chicken in Portuguese style	Rice with braised spicy stir-fried pork and vegetable	Simon rice roll, egg sushi, raisin scone and soya bean milk DV	Rice with vegetable, potato and chick peas bY	✓		
18/9	Mon	Baked rice with seafood in low fat cheese sauce BV	Spaghetti with diced pork, corn and mushroom Y	Ten grain rice with chicken and steamed egg with bean vermicelli DY	Glutinous rice with chicken and mushroom, pork balls Y	Ten grain rice with grilled bean curd skin roll in Kyoto style sauce	✓		
19/9	Tue	Rice with pork chop in tomato sauce	Baked fettuccine with chicken in light pepper sauce	Rice with chicken pieces and white fungus Y	Soft cake, gemelli with crab meat and assorted vegetables BD	Rice with lotus root and bean curd sheet in red fermented bean curd sauce Y		✓	
20/9	Wed	Baked rice with chicken and potato	Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage dY	Red rice with pork slices and dried bean curd Y	Mini cold noodles and cake, pineapple VD	Rice with bean roll and mini bamboo shoots Y	✓		
21/9	Thur	Rice with pork ribs and vegetable	Baked penne with chicken in meat sauce d	Rice with sliced fish patty, turnip and carrot YV	Chicken steak bun, pumpkin and carrot sticks	Fettuccine with tofu, mushroom and corn in cream sauce Y		✓	
22/9	Fri	Wheat rice with chicken in cream mushroom sauce Y	Baked spaghetti with pork chop and celery	Wheat rice with beef, sweet corn and vegetable dY	Mini pineapple Danish, tuna sushi and sweet corn V	Wheat rice with bean curd skin roll, Chinese cabbage and Chinese white fungus in soup	✓		
25/9	Mon	Baked rice with cuttlefish and fish fillet BV	Udon with vegetable and pork slices	Five grain rice with enoki mushroom, vegetable and chicken pieces Y	Corn rice roll and Chiu Chow dumplings, siu mai b	Five grain rice with steamed egg, mushroom, tofu and turnips YD	✓		
26/9	Tue	Rice with chicken pieces in BBQ sauce	Baked lasagne with cherry tomatoes d	Rice with corn patty and bean curd sheet Y	Spaghetti with minced beef, soft cake dD	Rice with dried bean curd, mushroom and celery Y		✓	
27/9	Wed	Baked rice with pork burger and mushroom Y	Lo Mein (noodles) with chicken, assorted vegetables and mushroom Y	Corn rice with bean curd sheet and diced pork, parsley	Egg hand roll, butterfly cake, soya bean milk D	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd Y	✓		
28/9	Thur	Rice with beef brisket db	Baked fettuccine with pork chop and chick peas	Rice with fish tofu and eggplants YV	Grilled chicken leg with shell pasta and cherry tomatoes	Macaroni with assorted vegetables and kidney beans in black pepper sauce Y		✓	
29/9	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce bd	Rice with shredded chicken and vegetable in cream sauce	Fried pork fibers sushi, croissant and cherry tomatoes	Rice with braised bean curd sheet and mixed mushroom Y	✓		

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 Seafood (Shrimp, Crab etc.) ☐☐Nuts☐☐

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

Sept 2017 lunch order 20 days x HK\$26 = HK\$520

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.**