



ST. JOHANNES COLLEGE (Catholic School)

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

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
3/10	Tue	Rice with pork chop in sweet and sour sauce	Baked twisty pasta with chicken pieces in cream sauce	Rice with beef in Korean style (spicy)Yd	Glutinous rice roll, mini rice vermicelli with pork patty, vegetable	Rice with pineapple and tofu, vegetable		✓	
4/10	Wed	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	Mini cold noodles in Japanese style, bun and sweet corn V	Ten grain rice with kidney beans and assorted vegetables in Portuguese style sauce Y	✓		
9/10	Mon	Baked rice with seafood in cream sauce BV	Spaghetti with beef and assorted vegetables Yd	Wheat rice with mushroom and pork patty Y	Colorful rice, custard cake and vegetable	Wheat rice with Chinese cabbage, steamed egg with sweet corn YD	✓		
10/10	Tue	Rice with cherry tomato and chicken steak	Baked lasagne with pumpkin in meat 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		✓	
11/10	Wed	Baked rice with chicken pieces in curry sauce b	E-fu noodles with sliced fish patty and tofu VY	Five grain rice with pork slices in tomato sauce	Mini blueberry Danish, tuna sushi and diced pineapple V	Five grain rice with vegetarian roll, mixed mushrooms and fungus Y	✓		
12/10	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		✓	
13/10	Fri	Rice with grilled chicken steak and sea eel in Japanese style VY	Baked spaghetti with mixed shredded meat and mushroom Y	Rice with stir-fried chicken and vegetable	Soft cake and fried pork fibers hand roll, malted soya bean milk D	Rice with vegetarian meat, gourds and tofu Y	✓		
16/10	Mon	Baked rice with fish fillet and onion V	Spaghetti with chicken and mushroom Y	Corn rice with Chinese melon and shredded pork, steamed egg with minced pork D	Bun with pork roll, pumpkin and sausage	Corn rice with eggplants, dried bean curd and buddha's feast Y	✓		
17/10	Tue	Rice with chicken pieces in tomato sauce	Baked macaroni with minced meat and pork chop	Rice with beef and potato Yd	Glutinous rice wrapped in lotus leaf, potato starch noodles with chicken pieces, vegetable Y	Rice with baby cabbage, assorted mushrooms and bean curd sheet Y		✓	
18/10	Wed	Baked rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls Yd	Brown rice with chicken pieces in sweet and sour sauce	Mini cold noodles with raisin scone and diced pineapple VB	Brown rice with tofu and mushrooms Y	✓		
19/10	Thur	Rice with pork ribs and assorted vegetables	Baked twisty pasta with diced chicken and assorted vegetables	Rice with minced pork and pork chop, black mushroom Y	Grilled chicken drumsticks with sweet corn and bun, vegetable	Angel hair with red kidney beans and assorted vegetables in curry sauce(spicy) bY		✓	
20/10	Fri	Beef tenderloin with brown rice in BBQ sauce d	Baked spaghetti with pork chop in low fat cheese sauce	Ten grain rice with Chinese black fungus and diced pork Y	Crab meat hand roll, cake and sweet corn DB	Ten grain rice with mushroom and fried egg with tomato sauce YD	✓		
23/10	Mon	Baked rice with seafood in Portuguese style BV	Spaghetti with carrot and chicken steak	Red rice with steamed patty and vegetable Y	Pork burger bun, rice with chicken and cherry tomatoes	Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli YD	✓		
24/10	Tue	Rice with chicken pieces in sauce and vegetable b	Baked lasagne with red kidney beans d	Rice with pork slices and sweet corn Y	Soft cake, spaghetti with diced pork in tomato sauce D	Rice with celery, mixed bell peppers and dried bean curd		✓	
25/10	Wed	Baked rice with pork chop and pineapple	Lo Mein (noodles) with beef brisket in Chinese herb sauces bd	Wheat rice with chicken pieces in curry sauce(spicy)b	Mini cold noodles, mini pineapple Danish and cherry tomatoes B	Wheat rice with tofu and eggplant	✓		
26/10	Thur	Rice with chicken steak in minced meat sauce	Baked shell pasta with pork chop and mushroom Y	Rice with diced beef and assorted vegetables in light black pepper sauce (spicy)d	Glutinous rice with chicken and mushroom, pork balls Y	Penne with mixed mushroom in cheese sauce Y		✓	
27/10	Fri	Beef tenderloin with rice in BBQ sauce d	Baked spaghetti with shredded pork in cream sauce	Rice with chicken pieces and mushroom Y	Fried pork fiber hand roll, vanilla cake and soyabean milk	Rice with bean curd sheet and sweet corn Y	✓		
30/10	Mon	Baked rice with fish fillet in cream sauce V	Spaghetti with pork tenderloin in beef sauce d	Five grain rice with chicken, eggplant, steamed egg and mushroom DY	Spaghetti with diced chicken and mushroom, cake YD	Five grain rice with bean curd roll, tomato and vegetable	✓		
31/10	Tue	Rice with pork chop in satay sauce (spicy)b	Baked linguine with chicken pieces and sweet corn	Rice with sautéed tofu, diced pork and vegetable Y	Bun with beef and vegetable d	Rice with chick peas and assorted vegetables in cream 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.

Oct 2017 lunch order 19 days x HK\$26 = HK\$494

Please submit the order form with the correct amount to the office no later than **22 September 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.**