

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of October.

Date	Menu
October 3, 2017	京都豬扒飯 Rice with pork chop in sweet and sour sauce
October 4, 2017	肉碎豬柳配燕麥烏冬 Oat udon with pork chop and minced pork
October 9, 2017	鮮菇燴肉餅配麥米飯 Wheat rice with mushroom and pork patty
October 10, 2017	磨菇燴肉粒飯 Rice with diced pork and mushroom
October 11, 2017	干燒伊麵配魚餅豆腐 E-fu noodles with sliced fish patty and tofu
October 12, 2017	雞髀菇燴雞球飯 Rice with chicken pieces and mushroom
October 13, 2017	焗白菌三絲意粉 Baked spaghetti with mixed shredded meat and mushroom
October 16, 2017	肉碎蒸蛋配合掌瓜燴肉絲粟米飯 Corn rice with Chinese melon and shredded pork, steamed egg with minced pork
October 17, 2017	蕃茄雞球飯 Rice with chicken pieces in tomato sauce
October 18, 2017	冬菇牛肉球配上海麵 Shanghai noodles with mushroom and beef balls
October 19, 2017	冬菇肉碎豬柳飯 Rice with minced pork and pork chop, black mushroom
October 20, 2017	木耳燴肉粒配十穀飯 Ten grain rice with Chinese black fungus and diced pork
October 23, 2017	時菜肉餅配赤米飯 Red rice with steamed patty and vegetable
October 24, 2017	粟米肉片飯 Rice with pork slices and sweet corn
October 25, 2017	五香牛腩配撈麵 Lo Mein (noodles) with beef brisket in Chinese herb sauces
October 26, 2017	肉碎雞扒飯 Rice with chicken steak in minced meat sauce
October 27, 2017	焗白汁肉絲意粉 Baked spaghetti with shredded pork in cream sauce
October 30, 2017	焗白汁魚柳飯 Baked rice with fish fillet in cream sauce
October 31, 2017	時菜肉丁燴豆腐飯 Rice with sautéed tofu, diced pork and vegetable

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Dear Parents,

Here is the vegetarian menu of October.

Date	Menu
October 3, 2017	菠蘿豆腐飯配時蔬 Rice with pineapple and tofu, vegetable
October 4, 2017	葡汁什菜腰豆配十穀飯 Ten grain rice with kidney beans and assorted vegetables in Portuguese style sauce
October 9, 2017	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
October 10, 2017	上湯豆干浸時蔬飯 Vegetable in soup, rice with dried bean curd in light pepper sauce
October 11, 2017	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
October 12, 2017	芝士汁三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato in cheese sauce
October 13, 2017	八寶豆腐瓜粒飯 Rice with vegetarian meat, gourds and tofu
October 16, 2017	羅漢上素燴茄瓜豆干配粟米飯 Corn rice with eggplants, dried bean curd and buddha's feast
October 17, 2017	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
October 18, 2017	秀珍菇燴豆腐配糙米飯 Brown rice with tofu and mushrooms
October 19, 2017	咖喱什菜腰豆燴天使麵(微辣) Angel hair with red kidney beans and assorted vegetables in curry sauce(spicy)
October 20, 2017	蕃茄汁磨菇炒蛋配十穀飯 Ten grain rice with mushroom and fried egg with tomato sauce
October 23, 2017	粉絲蒸蛋配北菇扒時蔬赤米飯 Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli
October 24, 2017	彩椒炒素肉飯 Rice with celery, mixed bell peppers and dried bean curd
October 25, 2017	茄子扒豆腐配麥米飯 Wheat rice with tofu and eggplant
October 26, 2017	芝士汁燴什菌長通粉 Penne with mixed mushroom in cheese sauce
October 27, 2017	粟米燴鮮竹飯 Rice with bean curd sheet and sweet corn
October 30, 2017	鮮茄豆卷配時菜五穀飯 Five grain rice with bean curd roll, tomato and vegetable
October 31, 2017	白汁什菜雞心豆飯 Rice with chick peas and assorted vegetables in cream sauce