

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the menu of November.

Date	Menu
November 1, 2017	薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato
November 2, 2017	迷你肉餅粉皮配粟米條,時蔬 Bean jelly sheets with patty, sweet corn stick and vegetable
November 6, 2017	磨菇雞肉飯團配蒸雞蛋糕,豬肉燒賣,時蔬 Rice roll with chicken and mushroom, steamed cake, pork siu mai and vegetable
November 7, 2017	時瓜香菇肉片飯 Rice with pork slices, mushroom and gourd
November 8, 2017	麻婆豆腐燴魚腐配十穀飯 Ten grain rice with Ma Po tofu and braised fish tofu
November 9, 2017	時菜原汁牛腩飯 Rice with beef brisket and vegetable
November 10, 2017	焗什菜豬柳漢堡意粉 Baked spaghetti with pork burger and assorted vegetables
November 14, 2017	時菜冬菇肉片飯 Rice with pork slices, mushroom and vegetable
November 15, 2017	焗紅腰豆雞扒飯 Baked rice with chicken steak and red kidney beans
November 16, 2017	蒜汁蒸排骨飯 Rice with steamed pork ribs in garlic sauce
November 17, 2017	吞拿魚手卷配朱古力蛋糕,菠蘿粒 Chocolate cake, tuna hand roll, diced pineapple
November 20, 2017	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
November 21, 2017	超軟蛋糕配什豆肉絲燴意粉 Spaghetti with shredded pork and mixed bean, soft cake
November 24, 2017	焗葡汁雞粒天使麵 Baked angel hair with diced chicken in Portuguese style
November 27, 2017	粉絲蒸蛋配雞件十穀飯 Ten grain rice with chicken and steamed egg with bean vermicelli
November 28, 2017	鮮茄豬扒飯 Rice with pork chop in tomato sauce
November 29, 2017	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
November 30, 2017	蘿蔔炆魚條飯 Rice with stewed sliced fish patty, turnip and carrot

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(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of November.

Date	Menu
November 1, 2017	香菇節瓜豆干麥米飯 Wheat rice with dried bean curd, mushroom and gourd
November 2, 2017	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
November 6, 2017	什菜蒸蛋配黑椒磨菇素雞肉粟米飯(微辣) Corn rice with mushroom and vegetarian chicken in black pepper sauce, steamed egg with assorted vegetables (spicy)
November 7, 2017	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
November 8, 2017	時菜燴素肉配十穀飯 Ten grain rice with braised vegetarian meat and vegetable
November 9, 2017	干燒伊麵配雲耳炒時瓜豆干 Fried E-Fu noodles with Chinese fungus, gourd and dried bean curd
November 10, 2017	蘿蔔香芹炆豆卷飯 Rice with stewed bean roll, turnips and celery
November 14, 2017	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
November 15, 2017	鮮竹豆腐煮娃娃菜配紅米飯 Red rice with tofu, bean curd sheet and Chinese cabbage
November 16, 2017	咖喱腰豆茄子薯仔燴扁意粉(微辣) Braised linguine with potato, kidney bean and eggplant in curry sauce (spicy)
November 17, 2017	羅漢上素燴素鴨配五穀飯 Five grain rice with braised vegetarian duck and buddha's feast
November 20, 2017	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
November 21, 2017	雲耳瓜粒扒豆腐飯 Rice with tofu, Chinese white fungus and diced gourd
November 24, 2017	薯仔雞心豆燴時蔬飯 Rice with braised vegetable, potato and chick peas
November 27, 2017	京都汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd skin roll in Kyoto style sauce
November 28, 2017	鮮竹燴素獅子頭飯 Rice with braised vegetarian pork ball and bean curd sheet
November 29, 2017	玉蘭珍珠筍燴素豆卷飯 Rice with braised vegetarian bean roll and mini bamboo shoots
November 30, 2017	磨菇粟米豆腐白汁扁意粉 Linguine with tofu, mushroom and corn in cream sauce