



ST. JOHANNES COLLEGE (Catholic School)

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

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
1/11	Wed	Baked rice with chicken steak and white mushroom Y	Udon with assorted vegetables, pork meatballs and vegetable	Wheat rice with stewed chicken pieces and potato	Mini cold noodles with ham, croissant and pineapple V	Wheat rice with dried bean curd, mushroom and gourd Y	✓		
2/11	Thur	Rice with stewed pork ribs and potato	Baked macaroni with chicken steak in Swiss cream sauce	Rice with beef and tomato d	Bean jelly sheets with patty, sweet corn stick and vegetable V	Udon with assorted vegetables and bean curd roll Y		✓	
6/11	Mon	Baked rice with pork chop and mushroom Y	Braised spaghetti with chicken steak in tomato sauce	Corn rice with braised pork patty and buddha's feast Y	Rice roll with chicken and mushroom, steamed cake, pork siu mai and vegetable DY	Corn rice with mushroom and vegetarian chicken in black pepper sauce, steamed egg with assorted vegetables (spicy)YD	✓		
7/11	Tue	Rice with seafood in curry sauce(spicy) bBV	Baked lasagne with diced pork in beef sauce Yd	Rice with pork slices, mushroom and gourd Y	Grilled chicken leg with twisty pasta, carrot	Rice with dried bean curd, mushroom and bean vermicelli Y		✓	
8/11	Wed	Baked rice with chicken in low fat cheese sauce	Lo Mein (noodles) with corn and beef Yd	Ten grain rice with Ma Po tofu and braised fish tofu YV	Fried pork fiber hand roll, cake and pineapple D	Ten grain rice with braised vegetarian meat and vegetable Y	✓		
9/11	Thur	Rice with beef brisket and vegetable bd	Baked fusilli with pork chop in Maggi sauce	Rice with chicken pieces in onion sauce	Penne with minced pork and assorted vegetables, cakeD	Fried E-Fu noodles with Chinese fungus, gourd and dried bean curd Y		✓	
10/11	Fri	Rice with beef steak in garlic sauced	Baked spaghetti with pork burger and assorted vegetables	Rice with diced pork and mini bamboo shoots Y	Mini blueberry Danish, crab meat sushi and cherry tomato B	Rice with stewed bean roll, turnips and celery Y	✓		
14/11	Tue	Rice with sesame and Grilled Teriyaki chicken steak Y	Baked linguine with beef tenderloin in satay sauce (spicy)bd	Rice with pork slices, mushroom and vegetable Y	Spaghetti with diced pork in herb sauce and croissant	Rice with egg and pineapple in tomato sauce DY		✓	
15/11	Wed	Baked rice with chicken steak and red kidney beansb	Rice vermicelli with stewed shredded pork, enoki mushroom and carrots Y	Red rice with steamed chicken and mushroom Y	Cold noodles with duck breast and egg rice roll, sweet corn D	Red rice with tofu, bean curd sheetand Chinese cabbage Y	✓		
16/11	Thur	Rice with steamed pork ribs in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef in Chinese herb sauce Yd	Hot dog, mushroom and sweet corn Y	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) bY		✓	
17/11	Fri	Rice with grilled pork chop and sea eel in Japanese style VY	Baked spaghetti with diced chicken and pineapple	Five grain rice with braised diced pork in curry sauce(spicy) Y	Chocolate cake, tuna hand roll, diced pineapple VD	Five grain rice with braised vegetarian duck and buddha's feast Y	✓		
20/11	Mon	Baked rice with ham in cream sauce	Braised spaghetti with chicken pieces and white mushroom Y	Corn rice with patty in minced pork sauce	Glutinous rice wrapped in lotus leaf and beef balls, vegetable bYd	Corn rice with steamed egg, mushroom, carrot and gourd DY	✓		
21/11	Tue	Rice with curry pork chop in rural fresh style(spicy) b	Baked lasagne in beef sauce d	Rice with shredded chicken and tofu Y	Spaghetti with shredded pork and mixed bean, soft cakeD	Rice with tofu, Chinese white fungus and diced gourd Y		✓	
24/11	Fri	Rice with beef steak in white mushroom sauce Yd	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 braised vegetable, potato and chick peas bY	✓		
27/11	Mon	Baked rice with seafood in low fat cheese sauce BV	Braised 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	✓		
28/11	Tue	Rice with pork chop in tomato sauce	Baked linguine with chicken in light black pepper sauce(spicy)	Rice with beef, corn and vegetable Yd	Soft cake, fusilli with crab meat and assorted vegetables BD	Rice with braised vegetarian pork ball and bean curd sheet Y		✓	
29/11	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 braised vegetarian bean roll and mini bamboo shoots Y	✓		
30/11	Thur	Rice with steamed pork ribs and vegetable	Baked penne with chicken in beef sauce d	Rice with stewed sliced fish patty, turnip and carrot V	Pork burger bun, pumpkin and carrot sticks	Linguine with tofu, mushroom and corn 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.

Nov 2017 lunch order 18 days x HK\$26 = HK\$468

Please submit the order form with the correct amount to the office no later than **18 October 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.**