



ST. JOHANNES COLLEGE (Catholic School)

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

10th November, 2017

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
1/12	Fri	Rice with chicken in cream mushroom sauce Y	Baked spaghetti with pork chop and celery	Wheat rice with chicken pieces and white fungus Y	Mini pineapple Danish, tuna sushi and sweet corn V	Wheat rice with bean curd skin roll, Chinese cabbage and Chinese white fungus in soup	✓		
4/12	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	✓		
5/12	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		✓	
6/12	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	✓		
7/12	Thur	Rice with beef brisket db	Baked macaroni 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 (spicy)Y		✓	
8/12	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy)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	✓		
11/12	Mon	Baked rice with fish fillet and corn V	Spaghetti with pork chop and red kidney beans	Brown rice with chicken in white mushroom and steamed egg with assorted vegetables DY	Linguine with shredded pork and mixed beans, soft cakeD	Brown rice with vegetarian meat, Chinese black fungus and corn	✓		
12/12	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 mushroom, vegetable and taro Y		✓	
13/12	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	✓		
14/12	Thur	Rice with pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom Y	Rice with pork slices and mushroom Y	Assorted steak with potato and bun, mushroom Y	Rice vermicelli in sauce with vegetables and bean curd sheet		✓	
15/12	Fri	Red rice with pork chop in light black pepper sauce (spicy)	Baked spaghetti with chicken and potato	Red rice with shredded pork and Chinese cabbage	Chocolate cake, salmon sushi, puffs VD	Red rice with gourd, mushroom and bean curd sheet Y	✓		
18/12	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	✓		
19/12	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 Y		✓	
20/12	Wed	Baked rice with chicken pieces in curry sauce (spicy)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	✓		
21/12	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		✓	

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.

Dec 2017 lunch order 15 days x HK\$26 = HK\$390

Please submit the order form with the correct amount to the office no later than 17 November 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\$200 handling fee.**