



ST. JOHANNES COLLEGE (Catholic School)
Primary Section

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

8th December, 2017

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
5/1	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	✓		
8/1	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	✓		
9/1	Tue	Rice with pork chop in satay sauce (spicy)b	Baked linguine with chicken 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		✓	
10/1	Wed	Baked rice with chicken steak and white mushroom Y	Udon with assorted vegetables, pork meatballs and vegetable	Red rice with steamed chicken and mushroom Y	Mini cold noodles with ham, croissant and pineapple V	Red rice with dried bean curd, mushroom and gourd Y	✓		
11/1	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		✓	
12/1	Fri	Rice with braised beef tenderloin in BBQ sauce d	Baked spaghetti with chicken pieces and onion	Brown rice with pork slices and cabbage Y	Raisin scone with salmon hand roll, cherry tomato V	Brown rice with tofu and mixed mushrooms Y	✓		
15/1	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 (snicv)YD	✓		
16/1	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 tofu, Chinese white fungus and diced gourd Y		✓	
17/1	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	✓		
18/1	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		✓	
19/1	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	✓		
22/1	Mon	Baked rice with fish fillet in tomato sauce V	Spaghetti with beef and shredded mushroom Yd	Red rice with pork tenderloin and steamed egg with corns DY	Diced chicken with Chencun rice sheets, custard cake, vegetable	Red rice with dried bean curd, celery and mushroom Y	✓		
23/1	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		✓	
24/1	Wed	Baked rice with chicken steak and red kidney beansb	Rice vermicelli with stewed shredded pork, enoki mushroom and carrots Y	Wheat rice with stewed chicken pieces and potato	Cold noodles with duck breast and egg rice roll, sweet corn D	Wheat rice with tofu, bean curd sheet and Chinese cabbage Y	✓		
25/1	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		✓	
26/1	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	✓		
29/1	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	✓		
30/1	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 dried bean curd, mushroom and bean vermicelli Y		✓	
31/1	Wed	Baked rice with pork burger in mushroom sauce Y	Lo Mein (noodles) with stewed beef brisket and turnip d	Brown rice with steamed chicken, taro and vegetable	Mini cold noodles with crab meat, bun and cherry tomatoes B	Brown rice with tofu and mixed vegetarian meat 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.

Jan 2018 lunch order 19 days x HK\$26 = HK\$494

Please submit the order form with the correct amount to the office no later than **15 December 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.**