

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

Dear Parents,

Here is the menu of January.

Date	Menu
January 8, 2018	香菇蒸蛋配雞柳燴茄子五穀飯 Five grain rice with chicken, eggplant, steamed egg and mushroom
January 9, 2018	時菜肉丁燴豆腐飯 Rice with sautéed tofu, diced pork and vegetable
January 10, 2018	時菜豬肉球配什菜烏冬 Udon with assorted vegetables, pork meatballs and vegetable
January 11, 2018	迷你肉餅粉皮配粟米條,時蔬 Bean jelly sheets with patty, sweet corn stick and vegetable
January 12, 2018	燒汁燴牛柳飯 Rice with braised beef tenderloin in BBQ sauce
January 15, 2018	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
January 16, 2018	時瓜香菇肉片飯 Rice with pork slices, mushroom and gourd
January 17, 2018	麻婆豆腐燴魚腐配十穀飯 Ten grain rice with Ma Po tofu and braised fish tofu
January 18, 2018	焗美極汁豬扒螺絲粉 Baked fusilli with pork chop in Maggi sauce
January 19, 2018	蒜茸牛扒飯 Rice with beef steak in garlic sauced
January 22, 2018	雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable
January 23, 2018	時菜冬菇肉片飯 Rice with pork slices, mushroom and vegetable
January 24, 2018	薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato
January 25, 2018	五香牛肉飯 Rice with beef in Chinese herb sauce
January 26, 2018	焗菠蘿雞丁意粉 Baked spaghetti with diced chicken and pineapple
January 29, 2018	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
January 30, 2018	雞絲扒豆腐飯 Rice with shredded chicken and tofu
January 31, 2018	焗鮮菌豬柳漢堡飯 Baked rice with pork burger in mushroom sauce

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(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of January.

Date	Menu
January 8, 2018	鮮茄豆卷配時菜五穀飯 Five grain rice with bean curd roll, tomato and vegetable
January 9, 2018	白汁什菜雞心豆飯 Rice with chick peas and assorted vegetables in cream sauce
January 10, 2018	香菇節瓜豆干配紅米飯 Red rice with dried bean curd, mushroom and gourd
January 11, 2018	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
January 12, 2018	雙菇扒豆腐配糙米飯 Brown rice with tofu and mixed mushrooms
January 15, 2018	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)
January 16, 2018	雲耳瓜粒扒豆腐飯 Rice with tofu, Chinese white fungus and diced gourd
January 17, 2018	時菜燴素肉配十穀飯 Ten grain rice with braised vegetarian meat and vegetable
January 18, 2018	干燒伊麵配雲耳炒時瓜豆干 Fried E-Fu noodles with Chinese fungus, gourd and dried bean curd
January 19, 2018	蘿蔔香芹炆豆卷飯 Rice with stewed bean roll, turnips and celery
January 22, 2018	西芹炒雞髀菇燴豆干配赤米飯 Red rice with dried bean curd, celery and mushroom
January 23, 2018	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
January 24, 2018	鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage
January 25, 2018	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)
January 26, 2018	羅漢上素燴素鴨配五穀飯 Five grain rice with braised vegetarian duck and buddha's feast
January 29, 2018	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
January 30, 2018	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
January 31, 2018	素錦繡豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat