



ST. JOHANNES COLLEGE (Catholic School)

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

12th January, 2018

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
1/2	Thur	Rice with chicken steak and onion in sweet and sour sauce	Baked fusilli with carrot and shredded pork	Rice with diced beef and taro d	Grilled chicken leg and mashed potato, diced pineapple	Braised spaghetti with assorted vegetables and vegetable Y		✓	
2/2	Fri	Rice with beef steak in white mushroom sauce Yd	Baked spaghetti 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	✓		
5/2	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	✓		
6/2	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		✓	
7/2	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	✓		
8/2	Thur	Rice with steamed pork ribs and vegetable Y	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		✓	
9/2	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	✓		
26/2	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	✓		
27/2	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		✓	
28/2	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	✓		

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.

Feb 2018 lunch order 10 days x HK\$26 = HK\$260

Please submit the order form with the correct amount to the office no later than 19 January 2018.

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.**