

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of March.

Date	Menu
March 1, 2018	時菜炆牛腩飯 Rice with beef brisket and vegetable
March 2, 2018	焗白菌三絲意粉 Baked spaghetti with mixed shredded meat and mushroom
March 5, 2018	肉碎蒸蛋配合掌瓜燴肉絲粟米飯 Corn rice with Chinese melon and shredded pork, steamed egg with minced pork
March 6, 2018	蕃茄雞球飯 Rice with chicken pieces in tomato sauce
March 7, 2018	冬菇牛肉球配上海麵 Shanghai noodles with mushroom and beef balls
March 8, 2018	冬菇肉碎豬柳飯 Rice with minced pork and pork chop, black mushroom
March 9, 2018	焗低脂芝士汁豬柳意粉 Baked spaghetti with pork chop in low fat cheese sauce
March 12, 2018	焗葡汁海鮮飯 Baked rice with seafood in Portuguese style
March 13, 2018	粟米肉片飯 Rice with pork slices and sweet corn
March 14, 2018	焗菠蘿豬柳飯 Baked rice with pork chop and pineapple
March 15, 2018	肉碎雞扒飯 Rice with chicken steak in minced meat sauce
March 16, 2018	燒汁燴牛扒飯 Rice with beef tenderloin n BBQ sauce
March 19, 2018	肉醬豬柳燴意粉 Spaghetti with pork tenderloin in beef sauce
March 20, 2018	時菜肉丁燴豆腐飯 Rice with sautéed tofu, diced pork and vegetable
March 21, 2018	時菜豬肉球配什菜烏冬 Udon with assorted vegetables, pork meatballs and vegetable

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Dear Parents,

Here is the vegetarian menu of March.

Date	Menu
March 1, 2018	芝士汁三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato in cheese sauce
March 2, 2018	八寶豆腐瓜粒飯 Rice with vegetarian meat, gourds and tofu
March 5, 2018	羅漢上素燴茄瓜豆干配粟米飯 Corn rice with eggplants, dried bean curd and buddha's feast
March 6, 2018	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
March 7, 2018	秀珍菇燴豆腐配糙米飯 Brown rice with tofu and mushrooms
March 8, 2018	咖喱什菜腰豆燴天使麵(微辣) Angel hair with red kidney beans and assorted vegetables in curry sauce(spicy)
March 9, 2018	蕃茄汁磨菇炒蛋配十穀飯 Ten grain rice with mushroom and fried egg with tomato sauce
March 12, 2018	粉絲蒸蛋配北菇扒時蔬赤米飯 Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli
March 13, 2018	彩椒炒素肉飯 Rice with celery, mixed bell peppers and dried bean curd
March 14, 2018	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
March 15, 2018	芝士汁燴什菌長通粉 Penne with mixed mushroom in cheese sauce
March 16, 2018	粟米燴鮮竹飯 Rice with bean curd sheet and sweet corn
March 19, 2018	鮮茄豆卷配時菜五穀飯 Five grain rice with bean curd roll, tomato and vegetable
March 20, 2018	白汁什菜雞心豆飯 Rice with chick peas and assorted vegetables in cream sauce
March 21, 2018	茄子扒豆腐配紅米飯 Red rice with eggplant and tofu