

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of May.

Date	Menu
May 2, 2018	蒜香什菜肉粒配十穀飯 Ten grain rice with diced pork and assorted vegetables in garlic sauce
May 3, 2018	焗什菌雞粒通心粉 Baked macaroni with diced chicken and mixed mushroom
May 4, 2018	津白肉絲配紅米飯 Red rice with shredded pork and Chinese cabbage
May 7, 2018	焗白汁豬柳漢堡飯 Baked rice with pork burger in cream sauce
May 8, 2018	磨菇燴肉粒飯 Rice with diced pork and mushroom
May 9, 2018	干燒伊麵配魚餅豆腐 E-fu noodles with sliced fish patty and tofu
May 10, 2018	時菜炆牛腩飯 Rice with beef brisket and vegetable
May 11, 2018	時菜炒雞柳飯 Rice with stir-fried chicken and vegetable
May 14, 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
May 15, 2018	蕃茄雞球飯 Rice with chicken pieces in tomato sauce
May 16, 2018	冬菇牛肉球配上海麵 Shanghai noodles with mushroom and beef balls
May 17, 2018	冬菇肉碎豬柳飯 Rice with minced pork and pork chop, black mushroom
May 18, 2018	焗低脂芝士汁豬柳意粉 Baked spaghetti with pork chop in low fat cheese sauce
May 21, 2018	時菜肉餅配赤米飯 Red rice with steamed patty and vegetable
May 23, 2018	焗菠蘿豬柳飯 Baked rice with pork chop and pineapple
May 24, 2018	肉碎雞扒飯 Rice with chicken steak in minced meat sauce
May 25, 2018	燒汁燴牛扒飯 Rice with beef tenderloin in BBQ sauce
May 28, 2018	焗白汁魚柳飯 Baked rice with fish fillet in cream sauce
May 29, 2018	焗粟米雞柳扁意粉 Baked linguine with chicken and sweet corn
May 30, 2018	時菜豬肉球配什菜烏冬 Udon with assorted vegetables, pork meatballs and vegetable
May 31, 2018	蕃茄牛肉飯 Rice with beef and tomato

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of May.

Date	Menu
May 2, 2018	鮮竹燴時蔬配撈米粉 Rice vermicelli in sauce with vegetables and bean curd sheet
May 3, 2018	葡汁什菜腰豆配粟米飯 Corn rice with kidney beans and assorted vegetables in Portuguese style sauce
May 4, 2018	鮮菇腐皮炆時瓜配紅米飯 Red rice with gourd, mushroom and bean curd sheet
May 7, 2018	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
May 8, 2018	上湯豆干浸時蔬飯 Vegetable in soup, rice with dried bean curd
May 9, 2018	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
May 10, 2018	三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato
May 11, 2018	粟米西芹燴豆腐飯 Rice with corn, celery and tofu
May 14, 2018	素肉碎燴茄瓜豆干配粟米飯 Corn rice with eggplants, dried bean curd and vegetarian meat
May 15, 2018	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
May 16, 2018	秀珍菇燴豆腐配糙米飯 Brown rice with tofu and mushrooms
May 17, 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)
May 18, 2018	蕃茄汁磨菇炒蛋配十穀飯 Ten grain rice with mushroom and fried egg with tomato sauce
May 21, 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
May 23, 2018	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
May 24, 2018	什菌燴薯仔長通粉 Penne with mixed mushroom and potato
May 25, 2018	粟米燴鮮竹飯 Rice with bean curd sheet and sweet corn
May 28, 2018	鮮茄豆卷配時菜五穀飯 Five grain rice with bean curd roll, tomato and vegetable
May 29, 2018	什菜南瓜雞心豆飯 Rice with chick peas, pumpkin and assorted vegetables
May 30, 2018	茄子扒豆腐配紅米飯 Red rice with eggplant and tofu
May 31, 2018	香菇節瓜豆干配十穀飯 Ten grain rice with dried bean curd, mushroom and gourd