

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

Dear Parents,

Here is the menu of October.

Date	Menu
October 2, 2018	蕃茄雞球飯 Rice with chicken pieces in tomato sauce
October 3, 2018	冬菇牛肉球配上海麵 Shanghai noodles with mushroom and beef balls
October 4, 2018	冬菇肉碎肉丸飯 Rice with minced pork and pork ball, black mushroom
October 8, 2018	時菜肉餅配赤米飯 Red rice with steamed patty and vegetable
October 9, 2018	時菜醬汁雞球飯 Rice with chicken pieces in sauce and vegetable
October 10, 2018	焗菠蘿豬柳飯 Baked rice with pork chop and pineapple
October 11, 2018	焗什菌豬扒蜆殼粉 Baked shell pasta with pork chop and mushroom
October 12, 2018	燒汁燴牛扒飯 Rice with beef tenderloin in BBQ sauce
October 15, 2018	焗白汁魚柳飯 Baked rice with fish fillet in cream sauce
October 16, 2018	時菜肉丁燴豆腐飯 Rice with sautéed tofu, diced pork and vegetable
October 18, 2018	迷你肉餅粉皮配粟米條,時蔬 Bean jelly sheets with patty, sweet corn stick and vegetable
October 19, 2018	蕃茄茸燴牛柳飯 Rice with beef steak in tomato sauced
October 22, 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
October 23, 2018	時瓜香菇肉片飯 Rice with pork slices, mushroom and gourd
October 24, 2018	肉碎豆腐燴魚腐配十穀飯 Ten grain rice with braised fish tofu, tofu and minced pork
October 25, 2018	時菜原汁牛腩飯 Rice with beef brisket and vegetable
October 26, 2018	焗什菜豬柳漢堡意粉 Baked spaghetti with pork burger and assorted vegetables
October 29, 2018	雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable
October 30, 2018	時菜冬菇肉片飯 Rice with pork slices, mushroom and vegetable
October 31, 2018	薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato

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

Dear Parents,

Here is the vegetarian menu of October.

Date	Menu
October 2, 2018	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
October 3, 2018	秀珍菇燴豆腐配糙米飯 Brown rice with tofu and mushrooms
October 4, 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)
October 8, 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
October 9, 2018	彩椒炒素肉飯 Rice with mixed bell peppers and vegetarian meat
October 10, 2018	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
October 11, 2018	什菌燴薯仔長通粉 Penne with mixed mushroom and potato
October 12, 2018	粟米燴鮮竹飯 Rice with bean curd sheet and sweet corn
October 15, 2018	鮮茄豆卷配時菜五穀飯 Five grain rice with bean curd roll, tomato and vegetable
October 16, 2018	什菜南瓜雞心豆飯 Rice with chick peas, pumpkin and assorted vegetables
October 18, 2018	香菇節瓜豆干配十穀飯 Ten grain rice with dried bean curd, mushroom and gourd
October 19, 2018	雙菇扒豆腐配糙米飯 Brown rice with tofu and mixed mushrooms
October 22, 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)
October 23, 2018	雲耳瓜粒扒豆腐飯 Rice with tofu, Chinese white fungus and diced gourd
October 24, 2018	什菜雙菇伊麵配豆干燴時菜 E-Fu noodles with assorted vegetable, mushroom and dried bean curd
October 25, 2018	時菜燴素肉配粟米飯 Corn rice with braised vegetarian meat and vegetable
October 26, 2018	蘿蔔香芹炆豆卷飯 Rice with stewed bean roll, turnips and celery
October 29, 2018	西芹炒雞脾菇燴豆干配赤米飯 Red rice with dried bean curd, celery and mushroom
October 30, 2018	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
October 31, 2018	鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage