



2018-2019 October Lunch Menu (Choose one among five per day)

11th September , 2018

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
2/10	Tue	Rice with chicken pieces in tomato sauce	Baked macaroni with minced meat and pork burger	Rice with beef and potato Yd	Glutinous rice wrapped in lotus leaf, steamed roll with chicken pieces, vegetable Y	Rice with baby cabbage, assorted mushrooms and bean curd sheet Y		✓	
3/10	Wed	Baked rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls Yd	Brown rice with chicken pieces, pineapple and onion	Mini cold noodles with raisin scone and diced pineapple VB	Brown rice with tofu and mushrooms Y	✓		
4/10	Thur	Rice with pork ribs and assorted vegetables	Baked twisty pasta with diced chicken and assorted vegetables	Rice with minced pork and pork ball, black mushroom Y	Grilled chicken drumsticks with sweet corn and bun, vegetable	Angel hair with red kidney beans and assorted vegetables in curry sauce(spicy) bY		✓	
8/10	Mon	Baked rice with seafood in Portuguese style BV	Spaghetti with carrot and chicken steak	Red rice with steamed patty and vegetable Y	Pork burger bun, rice with chicken and cherry tomatoes	Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli YD	✓		
9/10	Tue	Rice with chicken pieces in sauce and vegetable b	Baked lasagne with red kidney beans d	Rice with pork slices and sweet corn Y	Soft cake, spaghetti with diced pork in tomato sauce D	Rice with mixed bell peppers and vegetarian meat		✓	
10/10	Wed	Baked rice with pork chop and pineapple	Lo Mein (noodles) with beef brisket in Chinese herb sauces bd	Wheat rice with chicken pieces in curry sauce(spicy)b	Mini cold noodles, mini pineapple Danish and cherry tomatoes B	Udon with assorted vegetables and bean curd roll Y	✓		
11/10	Thur	Rice with chicken steak in minced meat sauce	Baked shell pasta with pork chop and mushroom Y	Rice with diced beef and assorted vegetables in light black pepper sauce (spicy)d	Glutinous rice with chicken and mushroom, pork balls Y	Penne with mixed mushroom and potato Y		✓	
12/10	Fri	Rice with beef tenderloin in BBQ sauce d	Baked spaghetti with shredded pork in cream sauce	Rice with chicken pieces and mushroom Y	Fried pork fiber rice roll, vanilla cake and soyabean milk	Rice with bean curd sheet and sweet corn Y	✓		
15/10	Mon	Baked rice with fish fillet in cream sauce V	Spaghetti with pork tenderloin in beef sauce d	Five grain rice with chicken, eggplant, steamed egg and mushroom DY	Spaghetti with diced chicken and mushroom, cake YD	Five grain rice with bean curd roll, tomato and vegetable	✓		
16/10	Tue	Rice with pork chop in satay sauce (spicy)b	Baked linguine with chicken and sweet corn	Rice with sautéed tofu, diced pork and vegetable Y	Bun with beef and vegetable d	Rice with chick peas, pumpkin and assorted vegetables Y		✓	
18/10	Thur	Rice with stewed pork ribs and potato	Baked macaroni with chicken steak in Swiss cream sauce	Rice with beef and tomato d	Bean jelly sheets with patty, sweet corn stick and vegetable V	Ten grain rice with dried bean curd, mushroom and gourd Y		✓	
19/10	Fri	Rice with beef steak in tomato sauced	Baked spaghetti with chicken pieces and onion	Brown rice with pork slices and cabbage, mushroom Y	Raisin scone with salmon rice roll, cherry tomato V	Brown rice with tofu and mixed mushrooms Y	✓		
22/10	Mon	Baked rice with pork chop and mushroom Y	Braised spaghetti with chicken steak in tomato sauce	Corn rice with braised pork patty and Chinese cabbage Y	Rice roll with chicken and mushroom, steamed cake, pork siu mai and vegetable DY	Corn rice with mushroom and vegetarian chicken in black pepper sauce, steamed egg with assorted vegetables (spicy)YD	✓		
23/10	Tue	Rice with seafood in curry sauce(spicy) bBV	Baked lasagne with diced pork in beef sauce Yd	Rice with pork slices, mushroom and gourd Y	Grilled chicken leg with twisty pasta, carrot	Rice with tofu, Chinese white fungus and diced gourd Y		✓	
24/10	Wed	Baked rice with chicken in low fat cheese sauce	Lo Mein (noodles) with corn and beef Yd	Ten grain rice with braised fish tofu, tofu and minced pork YV	Fried pork fiber rice roll, cake and pineapple D	E-Fu noodles with assorted vegetable, mushroom and dried bean curd Y	✓		
25/10	Thur	Rice with beef brisket and vegetable bd	Baked fusilli with pork chop in Maggi sauce	Rice with chicken pieces in onion sauce	Penne with minced pork and assorted vegetables, cakeD	Corn rice with braised vegetarian meat and vegetable Y		✓	
26/10	Fri	Rice with beef steak in garlic sauced	Baked spaghetti with pork burger and assorted vegetables	Rice with diced pork and mini bamboo shoots Y	Mini blueberry Danish, crab meat sushi and cherry tomato B	Rice with stewed bean roll, turnips and celery Y	✓		
29/10	Mon	Baked rice with fish fillet in tomato sauce V	Spaghetti with beef and shredded mushroom Yd	Red rice with pork tenderloin and steamed egg with corns DY	Diced chicken with Chencun rice sheets, custard cake, vegetable	Red rice with dried bean curd, celery and mushroom Y	✓		
30/10	Tue	Rice with sesame and Grilled Teriyaki chicken steak Y	Baked linguine with beef tenderloin in satay sauce (spicy)bd	Rice with pork slices, mushroom and vegetable Y	Spaghetti with diced pork in herb sauce and croissant	Rice with egg and pineapple in tomato sauce DY		✓	
31/10	Wed	Baked rice with chicken steak and red kidney beansb	Rice vermicelli with stewed shredded pork, enoki mushroom and carrots Y	Wheat rice with stewed chicken pieces and potato	Cold noodles with duck breast and egg rice roll, sweet corn D	Wheat rice with tofu, bean curd sheet and Chinese cabbage 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.

October 2018 lunch order 20 days x HK\$27 = HK\$540

Please submit the order form with the correct amount to the office no later than **14 September 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.**