

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

Dear Parents,

Here is the menu of November.

Date	Menu
November 1, 2018	焗白汁雞球通心粉 Baked macaroni with chicken pieces in cream sauce
November 5, 2018	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
November 6, 2018	瓜粒冬筍雞絲飯 Rice with shredded chicken and gourd, winter bamboo shoot
November 7, 2018	焗鮮菌豬柳漢堡飯 Baked rice with pork burger in mushroom sauce
November 8, 2018	焗甘筍肉絲螺絲粉 Baked fusilli with carrot and shredded pork
November 9, 2018	椰菜肉片飯 Rice with pork slices and cabbage
November 12, 2018	焗低脂芝士汁魚塊飯 Baked rice with fish fillet in low fat cheese sauce
November 13, 2018	鮮茄豬扒飯 Rice with pork chop in tomato sauce
November 14, 2018	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
November 15, 2018	蘿蔔炆魚條飯 Rice with stewed sliced fish patty, turnip and carrot
November 16, 2018	白菌汁雞件飯 Rice with chicken and mushroom sauce
November 20, 2018	鮮竹燴粟米肉餅飯 Rice with corn patty and bean curd sheet
November 21, 2018	焗磨菇豬柳漢堡飯 Baked rice with pork burger and mushroom
November 22, 2018	茄子燴魚腐飯 Rice with fish tofu and eggplants
November 23, 2018	什菜雞粒飯 Rice with diced chicken and assorted vegetable
November 26, 2018	焗粟米魚柳飯 Baked rice with fish fillet and corn
November 27, 2018	餐飯配迷你肉餅米粉,時蔬 Glutinous rice roll, mini rice vermicelli with pork patty, vegetable
November 28, 2018	肉碎豬柳配燕麥烏冬 Oat udon with pork chop and minced pork

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

Dear Parents,

Here is the vegetarian menu of November.

Date	Menu
November 1, 2018	咖喱腰豆茄子薯仔燴扁意粉(微辣) Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy)
November 5, 2018	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
November 6, 2018	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
November 7, 2018	素肉碎燴豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat
November 8, 2018	葡汁什菜腰豆配麥米飯 Wheat rice with kidney bean and assorted vegetables in Portuguese style
November 9, 2018	薯仔雞心豆燴時蔬飯 Rice with braised vegetable, potato and chick peas
November 12, 2018	菠蘿汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd roll in pineapple sauce
November 13, 2018	鮮竹燴素獅子頭飯 Rice with braised vegetarian pork ball and bean curd sheet
November 14, 2018	玉蘭珍珠筍燴素豆卷飯 Rice with braised vegetarian bean roll and mini bamboo shoots
November 15, 2018	磨菇粟米豆腐配扁意粉 Linguine with tofu, mushroom and corn in cream sauce
November 16, 2018	上湯雪耳浸津白配腐皮卷麥米飯 Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in soup
November 20, 2018	西芹鮮菇素鴨飯 Rice with dried bean curd, mushroom and celery
November 21, 2018	時瓜珍珠筍炆腐竹配粟米飯 Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
November 22, 2018	黑椒腰豆什菜燴通心粉(微辣) Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy)
November 23, 2018	雙菇燴鮮竹飯 Rice with braised bean curd sheet and mixed mushroom
November 26, 2018	粟米木耳素肉條配糙米飯 Brown rice with vegetarian meat, Chinese black fungus and corn
November 27, 2018	香芋冬菇燴時蔬飯 Rice with mushroom, vegetable and taro
November 28, 2018	鮮竹燴時蔬配撈米粉 Rice vermicelli in sauce with vegetables and bean curd sheet