

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

Dear Parents,

Here is the menu of December.

Date	Menu
December 3, 2018	鮮菇燴肉餅配麥米飯 Wheat rice with mushroom and pork patty
December 4, 2018	車厘茄雞扒飯 Rice with cherry tomato and chicken steak
December 5, 2018	干燒伊麵配魚餅豆腐 E-fu noodles with sliced fish patty and tofu
December 6, 2018	時菜炆牛腩飯 Rice with beef brisket and vegetable
December 7, 2018	時菜炒雞柳飯 Rice with stir-fried chicken and vegetable
December 10, 2018	焗洋蔥魚柳飯 Baked rice with fish fillet and onion
December 11, 2018	焗免治肉醬漢堡通心粉 Baked macaroni with minced meat and pork burger
December 12, 2018	焗三色豆豬扒飯 Baked rice with pork chop and mixed beans
December 13, 2018	冬菇肉碎肉丸飯 Rice with minced pork and pork ball, black mushroom
December 14, 2018	焗低脂芝士汁豬柳意粉 Baked spaghetti with pork chop in low fat cheese sauce
December 17, 2018	時菜肉餅配赤米飯 Red rice with steamed patty and vegetable
December 18, 2018	超軟蛋糕配鮮茄肉粒燴意粉 Soft cake, spaghetti with diced pork in tomato sauce
December 19, 2018	焗菠蘿豬柳飯 Baked rice with pork chop and pineapple
December 20, 2018	聖誕餐 (雞腿、鴨胸片、白菌、粟米、甘筍、薯仔、 菠蘿、車厘茄，燒汁扭扭粉) Christmas meal (Grilled chicken drumsticks, duck breast, mushroom, corn, carrot, potato, pineapple, cherry tomatoes and twisty pasta in BBQ sauces)

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

Dear Parents,

Here is the vegetarian menu of December.

Date	Menu
December 3, 2018	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
December 4, 2018	上湯豆干浸時蔬飯 Vegetable in soup, rice with dried bean curd
December 5, 2018	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
December 6, 2018	三角豆薯仔燴螺絲粉 Fusilli with chick peas and potato
December 7, 2018	粟米西芹燴豆腐飯 Rice with corn, celery and tofu
December 10, 2018	素肉碎燴茄瓜豆干配粟米飯 Corn rice with eggplants, dried bean curd and buddha's feast
December 11, 2018	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
December 12, 2018	秀珍菇燴豆腐配糙米飯 Brown rice with tofu and mushrooms
December 13, 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)
December 14, 2018	蕃茄汁磨菇炒蛋配十穀飯 Ten grain rice with mushroom and fried egg with tomato sauce
December 17, 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
December 18, 2018	彩椒炒素肉飯 Rice with mixed bell peppers and vegetarian meat
December 19, 2018	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
December 20, 2018	什菌燴薯仔長通粉 Penne with mixed mushroom and potato