

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

Dear Parents,

Here is the menu of January.

Date	Menu
January 7, 2019	雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable
January 8 2019	時菜冬菇肉片飯 Rice with pork slices, mushroom and vegetable
January 9, 2019	薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato
January 10, 2019	時瓜牛肉飯 Rice with beef and gourd
January 11, 2019	香草豬柳飯 Rice with pork chop in herb sauces
January 14, 2019	肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce
January 15, 2019	超軟蛋糕配什豆肉粒燴意粉 Spaghetti with shredded pork and mixed bean, soft cake
January 16, 2019	焗鮮菌豬柳漢堡飯 Baked rice with pork burger in mushroom sauce
January 17, 2019	焗甘筍肉絲螺絲粉 Baked fusilli with carrot and shredded pork
January 18, 2019	白菌汁牛扒飯 Rice with beef tenderloin and mushroom sauce
January 21, 2019	焗低脂芝士汁魚塊飯 Baked rice with fish fillet in low fat cheese sauce
January 22, 2019	鮮茄豬扒飯 Rice with pork chop in tomato sauce
January 23, 2019	津菜牛肉球配上海麵 Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage
January 24, 2019	蘿蔔炆魚條飯 Rice with stewed sliced fish patty, turnip and carrot
January 28, 2019	粟米飯團配粉粿,燒賣 Corn rice roll and Chiu Chow dumplings, siu mai
January 29, 2019	肉碎燴意粉配超軟蛋糕 Soft cake and spaghetti with minced beef
January 30, 2019	焗磨菇豬柳漢堡飯 Baked rice with pork burger and mushroom
January 31, 2019	茄子燴魚腐飯 Rice with fish tofu and eggplants

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

Dear Parents,

Here is the vegetarian menu of January.

Date	Menu
January 7, 2019	西芹炒雞髀菇燴豆干配赤米飯 Red rice with dried bean curd, celery and mushroom
January 8, 2019	鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce
January 9, 2019	鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage
January 10, 2019	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)
January 11, 2019	雪耳冬菇燴素鴨配五穀飯 Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus
January 14, 2019	甘筍粒蒸蛋配香菇節瓜甫粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd
January 15, 2019	香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli
January 16, 2019	素肉碎燴豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat
January 17, 2019	葡汁什菜腰豆配麥米飯 Wheat rice with kidney bean and assorted vegetables in Portuguese style
January 18, 2019	薯仔雞心豆燴時蔬飯 Rice with braised vegetable, potato and chick peas
January 21, 2019	菠蘿汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd roll in pineapple sauce
January 22, 2019	鮮竹燴素獅子頭飯 Rice with braised vegetarian pork ball and bean curd sheet
January 23, 2019	玉蘭珍珠筍燴素豆卷飯 Rice with braised vegetarian bean roll and mini bamboo shoots
January 24, 2019	磨菇粟米豆腐配扁意粉 Linguine with tofu, mushroom and corn in cream sauce
January 28, 2019	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 Five grain rice with steamed egg, mushroom, tofu and turnips
January 29, 2019	西芹鮮菇素鴨飯 Rice with dried bean curd, mushroom and celery
January 30, 2019	時瓜珍珠筍炆腐竹配粟米飯 Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd
January 31, 2019	黑椒腰豆什菜燴通心粉(微辣) Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy)