



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

6 th December , 2018

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
7/1	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	✓		
8/1	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		✓	
9/1	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	✓		
10/1	Thur	Rice with steamed pork ribs in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef and gourd Yd	Hot dog, mushroom and sweet corn Y	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) bY		✓	
11/1	Fri	Rice with pork chop in herb sauces	Baked spaghetti with diced chicken and pineapple	Five grain rice with braised diced pork in curry sauce(spicy) Y	Chocolate cake, tuna hand roll, diced pineapple VD	Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus Y	✓		
14/1	Mon	Baked rice with ham in cream sauce	Braised spaghetti with chicken pieces and white mushroom Y	Corn rice with patty in minced pork sauce	Glutinous rice wrapped in lotus leaf and beef balls, vegetable bYd	Corn rice with steamed egg, mushroom, carrot and gourd DY	✓		
15/1	Tue	Rice with curry pork chop in rural fresh style(spicy) b	Baked lasagne in beef sauce d	Rice with shredded chicken and gourd, winter bamboo shoot Y	Spaghetti with shredded pork and mixed bean, soft cakeD	Rice with dried bean curd, mushroom and bean vermicelli Y		✓	
16/1	Wed	Baked rice with pork burger in mushroom sauce Y	Lo Mein (noodles) with stewed beef brisket and turnip d	Brown rice with steamed chicken and vegetable	Mini cold noodles with crab meat, bun and cherry tomatoes B	Brown rice with tofu and mixed vegetarian meat Y	✓		
17/1	Thur	Rice with chicken steak and onion in sweet and sour sauce	Baked fusilli with carrot and shredded pork	Rice with diced beef and taro d	Grilled chicken leg and potato, bun, vegetable	Wheat rice with kidney bean and assorted vegetables in Portuguese style Y		✓	
18/1	Fri	Rice with beef tenderloin and mushroom sauce Y	Baked spaghetti with diced chicken in Portuguese style	Rice with pork slices and cabbage	Simon rice roll, egg sushi, raisin scone and soya bean milk DV	Rice with braised vegetable, potato and chick peas bY	✓		
21/1	Mon	Baked rice with fish fillet in low fat cheese sauce BV	Braised spaghetti with diced pork, corn and mushroom Y	Ten grain rice with chicken and steamed egg with bean vermicelli DY	Glutinous rice with chicken and mushroom, pork balls Y	Ten grain rice with grilled bean curd roll in pineapple sauce	✓		
22/1	Tue	Rice with pork chop in tomato sauce	Baked linguine with chicken in light black pepper sauce(spicy)	Rice with beef, corn and vegetable Yd	Fusilli with crab meat and assorted vegetables, cake DB	Rice with braised vegetarian pork ball and bean curd sheet Y		✓	
23/1	Wed	Baked rice with chicken and potato	Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage dY	Red rice with pork and onion Y	Mini cold noodles with cake, pineapple VD	Rice with braised vegetarian bean roll and mini bamboo shoots Y	✓		
24/1	Thur	Rice with steamed pork ribs and vegetable Y	Baked penne with chicken in beef sauce d	Rice with stewed sliced fish patty, turnip and carrot V	Pork burger bun, pumpkin and carrot sticks	Linguine with tofu, mushroom and corn in cream sauce Y		✓	
28/1	Mon	Baked rice with cuttlefish and fish fillet BV	Udon with vegetable and pork slices	Five grain rice with enoki mushroom, vegetable and chicken pieces Y	Corn rice roll and Chiu Chow dumplings, siu mai b	Five grain rice with steamed egg, mushroom, tofu and turnips YD	✓		
29/1	Tue	Rice with chicken pieces in tomato sauce	Baked lasagne with cherry tomatoes d	Rice with corn patty and bean curd sheet Y	Soft cake and spaghetti with minced beef dD	Rice with dried bean curd, mushroom and celery Y		✓	
30/1	Wed	Baked rice with pork burger and mushroom Y	Lo Mein (noodles) with chicken, assorted vegetables and mushroom Y	Corn rice with bean curd sheet and diced pork, parsley	Egg hand roll, butterfly cake, soya bean milk D	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd Y	✓		
31/1	Thur	Rice with beef brisket db	Baked macaroni with pork chop and chick peas	Rice with fish tofu and eggplants YV	Grilled chicken leg with shell pasta and cherry tomatoes	Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy)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.

January 2019 lunch order 19 days x HK\$27 = HK\$513

Please submit the order form with the correct amount to the office no later than **14 December 2018**.

Name of Parent / Guardian: _____ Signature: _____

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: _____