



ST. JOHANNES COLLEGE (Catholic School)

2019-2020 Sept Lunch Menu (Choose one among five per day)

Form 5

Name: _____

19th Aug, 2019

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
2/9	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	✓		
3/9	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	Gemelli with minced pork and assorted vegetables,	Rice with braised vegetarian pork ball and bean curd sheet Y		✓	
4/9	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	Shanghai noodles with shredded chicken, spinach balls, vegetable V	Rice with braised vegetarian bean roll and mini bamboo shoots Y	✓		
5/9	Thu	Rice with pork ribs and vegetable Y	Baked penne with chicken in beef sauce d	Rice with stewed sliced fish patty, turnip and carrot V	Twisty pasta with chicken steak and pork chop, corn	Linguine with tofu, mushroom and corn Y		✓	
6/9	Fri	Rice with chicken and mushroom sauce Y	Baked spaghetti with pork chop and celery	Wheat rice with chicken pieces and Chinese black fungus Y	Grilled chicken drumsticks with potato and mushroom, diced vegetables Y	Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in	✓		
9/9	Mon	Baked rice with cuttlefish and fish fillet BV	Udon with vegetable and pork slices	Five grain rice with mushroom, vegetable and chicken steak Y	Corn rice roll and Chiu Chow dumplings, siu mai b	Five grain rice with steamed egg, mushroom, tofu and turnips YD	✓		
10/9	Tue	Rice with chicken pieces in tomato sauce	Baked lasagne with cherry tomatoes in beef sauce d	Rice with corn patty and bean curd sheet Y	Spaghetti with minced beef and vegetable d	Rice with dried bean curd, mushroom and celery Y		✓	
11/9	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, cake, soya bean milk D	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd Y	✓		
12/9	Thu	Rice with beef brisket db	Baked macaroni with pork chop and chick peas	Rice with fish tofu and eggplants YV	Grilled chicken leg with macaroni and cherry tomatoes	Macaroni with assorted vegetables and kidney beans in black pepper sauce		✓	
13/9	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy)b	Rice with diced chicken and assorted vegetable	Fried pork fibers sushi, bun and cherry tomatoes	Rice with braised bean curd sheet and mixed mushroom Y	✓		
16/9	Mon	Baked rice with fish fillet and corn V	Spaghetti with pork chop and red kidney beans	Brown rice with chicken in white mushroom and steamed egg with assorted beans, cakeD	Linguine with shredded pork and mixed beans, cakeD	Brown rice with vegetarian meat, Chinese black fungus and corn	✓		
17/9	Tue	Rice with pork chop in sweet and sour sauce	Baked twisty pasta with chicken pieces in cream sauce	Rice with beef in Korean style (spicy)Yd	Glutinous rice roll, diced chicken with Chencun rice sheets, vegetable	Rice with mushroom, vegetable and taro Y		✓	
18/9	Wed	Baked rice with chicken steak in Maggi sauce	Oat udon with pork chop and minced pork	Ten grain rice with diced pork and assorted vegetables in garlic sauce Y	Mini cold noodles in Japanese style, bun and sweet corn V	Oat udon with vegetables and bean curd sheet	✓		
19/9	Thu	Rice with pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom Y	Rice with pork slices and mushroom Y	Chicken with bun, braised vegetables and sausages Y	Spaghetti with chick peas and mushroom, vegetable Y		✓	
20/9	Fri	Rice with pork chop in light black pepper sauce (spicy)	Baked spaghetti with chicken and potato	Red rice with shredded pork and Chinese cabbage	Chocolate cake, salmon sushi, puffs VD	Red rice with gourd, mushroom and bean curd sheet Y	✓		
23/9	Mon	Baked rice with pork burger in cream sauce	Spaghetti with beef and assorted vegetables Yd	Wheat rice with mushroom and pork patty Y	Colorful rice, custard cake and vegetable	Wheat rice with Chinese cabbage, steamed egg with sweet corn YD	✓		
24/9	Tue	Rice with cherry tomato and chicken steak	Baked lasagne with pumpkin in beef sauce d	Rice with diced pork and mushroom Y	Spaghetti with sliced fish patty and cabbage in Japanese style, vegetable V	Vegetable in soup, rice with dried bean curd Y		✓	
25/9	Wed	Baked rice with chicken pieces in curry sauce (spicy)b	E-fu noodles with sliced fish patty and tofu YV	Five grain rice with pork slices in tomato sauce	Mini blueberry Danish, tuna sushi and diced pineapple	Five grain rice with vegetarian roll, mixed mushrooms and fungus Y	✓		
26/9	Thu	Rice with beef brisket and vegetable bd	Baked gemelli with pork chop in garlic sauce	Rice with diced chicken and mushroom Y	Grilled chicken leg with fusilli and potato, vegetable	Fusilli with chick peas and potato Y		✓	
27/9	Fri	Rice with beef tenderloin in herb sauce d	Baked spaghetti with mixed shredded meat and mushroom Y	Rice with stir-fried chicken and vegetable	Cake and tuna hand roll, malted soya bean milk VD	Rice with corn, celery and tofu Y	✓		
30/9	Mon	Baked rice with fish fillet and onion V	Spaghetti with chicken and mushroom Y	Corn rice with Chinese melon and shredded pork, steamed egg with minced	Glutinous rice wrapped in lotus leaf, steamed roll with chicken pieces,	Corn rice with eggplants, dried bean curd and buddha's feast 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.

Sept 2019 Lunch Order 21 days x HK\$28 per meal = HK\$588

Please submit the order form with the correct amount to the office no later than 26 August 2019.

If you pay by cheque, 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.

Name of Parent / Guardian: _____ Signature: _____

Date: _____