

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of December.

Date	Menu
December 2, 2019	焗白汁豬柳漢堡飯 Baked rice with pork burger in cream sauce
December 3, 2019	車厘茄雞扒飯 Rice with cherry tomato and chicken steak
December 4, 2019	干燒伊麵配魚餅豆腐 E-fu noodles with sliced fish patty and tofu
December 5, 2019	什菌燴雞粒飯 Rice with diced chicken and mushroom
December 6, 2019	排骨陳村粉配豬肉球,時蔬 Pork ribs with Chencun rice sheets, pork balls, vegetable
December 9, 2019	肉碎蒸蛋配合掌瓜燴肉球粟米飯 Corn rice with Chinese melon and shredded pork, steamed egg with minced pork
December 10, 2019	焗免治肉醬漢堡通心粉 Baked macaroni with minced meat and pork burger
December 11, 2019	冬菇牛肉球配上海麵 Shanghai noodles with mushroom and beef balls
December 12, 2019	冬菇肉碎肉餅飯 Rice with minced pork and patty, black mushroom
December 13, 2019	焗低脂芝士汁豬柳意粉 Baked spaghetti with pork chop in low fat cheese sauce
December 16, 2019	時菜肉餅配赤米飯 Red rice with steamed patty and vegetable
December 17, 2019	聖誕餐 (雞腿、鴨胸片、白菌、粟米、甘筍、薯仔, 燒汁扭扭粉) Christmas meal (Grilled chicken drumsticks, duck breast, mushroom, corn, carrot, potato and twisty pasta in BBQ sauces)
December 18, 2019	焗菠蘿豬柳飯 Baked rice with pork chop and pineapple
December 19, 2019	肉碎雞扒飯 Rice with chicken steak in minced meat sauce

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Dear Parents,

Here is the vegetarian menu of December.

Date	Menu
December 2, 2019	粟米蒸蛋配燴津菜麥米飯 Wheat rice with Chinese cabbage, steamed egg with sweet corn
December 3, 2019	上湯豆干浸時蔬飯 Vegetable in soup, rice with dried bean curd
December 4, 2019	雙耳北菇扒素菜卷配五穀飯 Five grain rice with vegetarian roll, mixed mushrooms and fungus
December 5, 2019	三角豆薯仔燴扭紋螺絲粉 Fusilli with chick peas and potato
December 6, 2019	粟米西芹燴豆腐飯 Rice with corn, celery and tofu
December 9, 2019	素肉碎燴茄瓜豆干配粟米飯 Corn rice with eggplants, dried bean curd and buddha's feast
December 10, 2019	雙菇鮮竹扒娃娃菜飯 Rice with baby cabbage, assorted mushrooms and bean curd sheet
December 11, 2019	秀珍菇燴豆腐配糙米飯 Brown rice with braised tofu and mushrooms
December 12, 2019	咖喱什菜腰豆燴扁意粉(微辣) Braised linguine with red kidney beans and assorted vegetables in curry sauce(spicy)
December 13, 2019	蕃茄汁磨菇素雞扒配十穀飯 Ten grain rice with mushroom and vegetarian chicken steak with tomato sauce
December 16, 2019	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 17, 2019	彩椒炒素肉飯 Rice with mixed bell peppers and vegetarian meat
December 18, 2019	什菜烏冬配鮮竹卷 Udon with assorted vegetables and bean curd roll
December 19, 2019	什菌燴薯仔扭紋粉 Twisty pasta with mixed mushroom and potato