



ST. JOHANNES COLLEGE (Catholic School)
2019-2020 December Lunch Menu (Choose one among five per day)

Form 5

23rd November, 2019

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
2/12	Mon	Baked rice with pork burger in cream sauce	Spaghetti with beef and assorted vegetables Yd	Wheat rice with mushroom and pork patty Y	Mini blueberry Danish, fried pork fibers sushi and diced pineapple	Wheat rice with Chinese cabbage, steamed egg with sweet corn YD	✓		
3/12	Tue	Rice with cherry tomato and chicken steak	Baked lasagna 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		✓	
4/12	Wed	Baked rice with chicken pieces in curry sauce (spicy)b	E-fu noodles with sliced fish patty and tofu VY	Five grain rice with sliced pork in tomato sauce	Cake and tuna hand roll, malted soya bean milk VD	Five grain rice with vegetarian roll, mixed mushrooms and fungus Y	✓		
5/12	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		✓	
6/12	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	Pork ribs with Chencun rice sheets, pork balls, vegetable	Rice with corn, celery and tofu Y	✓		
9/12	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 pork D	Mini cold noodles, raisin scones and pineapple VB	Corn rice with eggplants, dried bean curd and buddha's feast Y	✓		
10/12	Tue	Rice with chicken pieces in tomato sauce	Baked macaroni with minced meat and pork burger	Rice with beef and potato Yd	Spaghetti with shredded chicken and vegetable, cake	Rice with baby cabbage, assorted mushrooms and bean curd sheet Y		✓	
11/12	Wed	Baked rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls dY	Brown rice with chicken pieces, onion and pineapple	Crab meat hand roll, cake and sweet corn DB	Brown rice with braised tofu and mushrooms Y	✓		
12/12	Thu	Rice with pork ribs and assorted vegetables	Baked twisty pasta with chicken and assorted vegetables	Rice with minced pork and patty, black mushroom Y	Grilled chicken drumsticks with sweet corn and bun, vegetable	Braised linguine with red kidney beans and assorted vegetables in curry sauce(spicy) bY		✓	
13/12	Fri	Rice with beef tenderloin in BBQ sauce d	Baked spaghetti with pork chop in low fat cheese sauce	Ten grain rice with Chinese black fungus and diced pork Y	Chicken steak bun with pumpkin and cheese sausage	Ten grain rice with mushroom and vegetarian chicken steak with tomato sauce Y	✓		
16/12	Mon	Baked rice with cuttlefish and fish fillet in Portuguese style BV	Spaghetti with carrot and chicken steak	Red rice with steamed patty and vegetable Y	Mini pineapple Danish, mini cold noodles and cherry tomatoes B	Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli YD	✓		
17/12	Tue	Rice with chicken pieces in sauce and vegetable	Baked lasagna with red kidney beans d	Rice with sliced pork and sweet corn Y	Christmas meal Y (Grilled chicken drumsticks, duck breast, mushroom, corn, carrot, potato and twisty pasta in BBQ sauces)	Rice with mixed bell peppers and vegetarian meat		✓	
18/12	Wed	Baked rice with pork chop and pineapple	Lo Mein (noodles) with beef brisket in Chinese herb sauces bd	Wheat rice with chicken in curry sauce(spicy)b	Fried pork fiber rice roll, crab meat sushi, cake and coconut flavored soya milk BD	Udon with assorted vegetables and bean curd roll Y	✓		
19/12	Thu	Rice with chicken steak in minced meat sauce	Baked twisty pasta with pork chop and mushroom Y	Rice with diced beef and assorted vegetables in light black pepper sauce (spicy)d	Pork burger bun, rice with chicken and cherry tomatoes	Twisty pasta with mixed mushroom and potato 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.

December 2019 Lunch Order 14 days x HK\$28 per meal = HK\$392

Please submit the order form with the correct amount to the office no later than 22 November 2019. Name of Parent / Guardian: _____ Signature: _____

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**

Date: _____

HK\$200 handling fee.