



ST. JOHANNES COLLEGE (Catholic School)

Form 5

Primary Section

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

15th October, 2019

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
1/11	Fri	Rice with pork chop in herb sauce	Baked spaghetti with diced chicken and pineapple	Five grain rice with braised diced pork in curry sauce(spicy) Y	Chicken steak and pork chop in BBQ sauces with bun and potato, vegetable	Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus Y	✓		
4/11	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	Mini cold noodles with crab meat, bun and cherry tomatoes B	Corn rice with steamed egg, mushroom, carrot and gourd DY	✓		
5/11	Tue	Rice with curry pork chop in rural fresh style(spicy) b	Baked lasagna in beef sauce d	Rice with shredded chicken and gourd, winter bamboo shoot Y	Spaghetti with diced pork and mixed beans, soft cake D	Rice with dried bean curd, mushroom and bean vermicelli Y		✓	
6/11	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	Simon hand roll, egg sushi, cake and melon flavored soya milk DV	Brown rice with tofu and mixed vegetarian meat Y	✓		
7/11	Thu	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 with potato, vegetable and bun	Wheat rice with kidney bean and assorted vegetables in Portuguese style Y		✓	
8/11	Fri	Rice with beef steak in mushroom sauce Yd	Baked spaghetti with diced chicken in Portuguese style	Rice with sliced pork and cabbage	Pork chop bun, mini mushroom and cheese sausages Y	Rice with braised vegetable, potato and chick peas bY	✓		
18/11	Mon	Baked rice with cuttlefish and fish fillet BV	Udon with vegetable and sliced pork	Five grain rice with mushroom, vegetable and chicken steak Y	Egg hand roll, butterfly cake, soya bean milk D	Five grain rice with steamed egg, mushroom, tofu and turnips YD	✓		
19/11	Tue	Rice with chicken pieces in tomato sauce	Baked lasagna with cherry tomatoes in beef sauce d	Rice with corn patty and bean curd sheet Y	Spaghetti with minced beef and soft cake dD	Rice with dried bean curd, mushroom and celery Y		✓	
20/11	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	Fried pork fibers sushi, croissant and cherry tomatoes	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd Y	✓		
21/11	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		✓	
22/11	Fri	Rice with pork chop and onion	Baked spaghetti with beef tenderloin in curry sauce (spicy)bd	Rice with diced chicken and assorted vegetable	Pork chop bun with assorted vegetables, sausages Y	Rice with braised bean curd sheet and mixed mushroom Y	✓		
25/11	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 vegetables DY	Mini cold noodles in Japanese style, bun and sweet corn V	Brown rice with vegetarian meat, Chinese black fungus and corn	✓		
26/11	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		✓	
27/11	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	Chocolate cake, salmon sushi, puffs VD	Oat udon with vegetables and bean curd sheet	✓		
28/11	Thu	Rice with pork ribs and carrot	Baked macaroni with diced chicken and mixed mushroom Y	Rice with sliced pork and mushroom Y	Chicken with bun, potato and mushroom Y	Spaghetti with chick peas and mushroom, vegetable Y		✓	
29/11	Fri	Rice with pork chop in light black pepper sauce (spicy)		Red rice with shredded pork and Chinese cabbage	Gemelli in meat sauce, chesses balls and vegetable d	Red rice with gourd, mushroom and bean curd sheet 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.

Nov 2019 Lunch Order 16 days x HK\$28 per meal = HK\$448

Please submit the order form with the correct amount to the office no later than 25 October 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: _____