

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of January.

| Date | Menu |
|------------------|--|
| January 6, 2020 | 焗鮮茄魚柳飯 Baked rice with fish fillet in tomato sauce |
| January 7, 2020 | 香草肉粒燴意粉配蛋糕 Spaghetti with diced pork in herb sauce and cake |
| January 8, 2020 | 薯仔炆雞球配麥米飯 Wheat rice with stewed chicken pieces and potato |
| January 9, 2020 | 雞粒陳村粉配水晶餅,時蔬 Diced chicken with Chencun rice sheets, custard cake, vegetable |
| January 13, 2020 | 肉燥汁肉餅配粟米飯 Corn rice with patty in minced pork sauce |
| January 14, 2020 | 超軟蛋糕配什豆肉粒燴意粉 Spaghetti with diced pork and mixed beans, soft cake |
| January 15, 2020 | 焗鮮菌豬柳漢堡飯 Baked rice with pork burger in mushroom sauce |
| January 16, 2020 | 甜酸洋蔥雞扒飯 Rice with chicken steak and onion in sweet and sour sauce |
| January 17, 2020 | 白菌汁牛扒飯 Rice with beef steak in mushroom sauce |
| January 20, 2020 | 粉絲蒸蛋配雞件十穀飯 Ten grain rice with chicken and steamed egg with bean vermicelli |

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of January.

| Date | Menu |
|------------------|--|
| January 6, 2020 | 西芹炒雞髀菇燴豆干配赤米飯 Red rice with dried bean curd, celery and mushroom |
| January 7, 2020 | 鮮茄菠蘿烩蛋飯 Rice with egg and pineapple in tomato sauce |
| January 8, 2020 | 鮮竹豆腐煮娃娃菜配麥米飯 Wheat rice with tofu, bean curd sheet and Chinese cabbage |
| January 9, 2020 | 咖喱腰豆茄子薯仔燴扁意粉(微辣) Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) |
| January 13, 2020 | 甘筍粒蒸蛋配香菇時瓜粟米飯 Corn rice with steamed egg, mushroom, carrot and gourd |
| January 14, 2020 | 香菇粉絲豆干飯 Rice with dried bean curd, mushroom and bean vermicelli |
| January 15, 2020 | 素肉碎燴豆腐配糙米飯 Brown rice with tofu and mixed vegetarian meat |
| January 16, 2020 | 葡汁什菜腰豆配麥米飯 Wheat rice with kidney bean and assorted vegetables in Portuguese style |
| January 17, 2020 | 薯仔雞心豆燴時蔬飯 Rice with braised vegetable, potato and chick peas |
| January 20, 2020 | 菠蘿汁烤腐皮卷十穀飯 Ten grain rice with grilled bean curd roll in pineapple sauce |