



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

Form 5

16th December, 2019

Name: _____

Class: _____

Meal		A (Rice)	B (Noodle)	C (Healthy)	D (Special)	E (Vegetarian)	Fruit	Drink	Choice
6/1	Mon	Baked rice with fish fillet in tomato sauce V	Spaghetti with beef and shredded mushroom Yd	Red rice with pork tenderloin and steamed egg with corns DY	Cold noodles with duck breast and egg rice roll, sweet corn D	Red rice with dried bean curd, celery and mushroom Y	✓		
7/1	Tue	Rice with sesame and Grilled Teriyaki chicken steak Y	Baked linguine with beef tenderloin in satay sauce (spicy)bd	Rice with slices pork, mushroom and vegetable Y	Spaghetti with diced pork in herb sauce and cake D	Rice with egg and pineapple in tomato sauce DY		✓	
8/1	Wed	Baked rice with chicken steak and red kidney beansb	Shanghai noodles with stewed shredded pork, enoki mushroom and carrots Y	Wheat rice with stewed chicken pieces and potato	Tuna rice roll, chocolate cake and pineapple VD	Wheat rice with tofu, bean curd sheet and Chinese cabbage Y	✓		
9/1	Thu	Rice with steamed pork ribs in garlic sauce	Baked macaroni with chicken pieces in cream sauce	Rice with beef and gourd Yd	Diced chicken with Chencun rice sheets, custard cake, vegetable	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy) bY		✓	
13/1	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	✓		
14/1	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		✓	
15/1	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 rice roll, egg sushi, cake and melon flavored soya milk DV	Brown rice with tofu and mixed vegetarian meat Y	✓		
16/1	Thu	Rice with chicken steak and onion in sweet and sour sauce	Baked twisty pasta 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		✓	
17/1	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	✓		
20/1	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	Mini cold noodles with cake, pineapple VD	Ten grain rice with grilled bean curd roll in pineapple sauce	✓		

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.

January 2020 Lunch Order 10 days x HK\$28 per meal = HK\$280

Please submit the order form with the correct amount to the office no later than 20 December 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.