

ST. JOHANNES COLLEGE  
(Kindergarten section)

Dear Parents,

Here is the menu of February.

Date	Menu
February 15, 2023	意式茄蓉肉片意粉 Italian Pork Slices with Tomato Puree Spaghetti
February 16, 2023	白汁雞皇蘑菇意粉 A La Chicken with Mushroom Spaghetti
February 17, 2023	洋蔥雞扒飯 Chicken Fillet with Onion Rice
February 20, 2023	低脂白汁肉粒飯 Diced Pork in Low Fat Cream Sauce Rice
February 21, 2023	蜜桃豬柳通粉 Pork Loin & Peaches Macaroni
February 22, 2023	意式茄蓉魚柳飯 Italian Fish Fillet with Tomato Puree Rice
February 23, 2023	咕嚕豬柳飯 Sweet & Sour Pork Loin Rice
February 24, 2023	葡汁雞球飯 Portuguese Chicken Tender Rice
February 27, 2023	南瓜蒸雞燕麥飯 Steamed Chicken with Pumpkin Oat Rice
February 28, 2023	粟米雞柳意粉 Chicken Tender with Sweet Corn Spaghetti

ST. JOHANNES COLLEGE  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of February.

Date	Menu
February 15, 2023	低脂白汁薯仔蘑菇飯 Potato & Mushrooms in Low Fat Cream Sauce Rice
February 16, 2023	香芋菇絲三色豆飯* Mixed Beans with Taro & Mushrooms Slices Rice*
February 17, 2023	鮮淮山雜菌腐竹飯 Dried Bean Curd with Chinese Yam & Assorted Mushroom Rice
February 20, 2023	鮮茄銀耳腰豆雜菌飯* Kidney Beans, Tomato, White Fungus & Assorted Mushrooms Rice*
February 21, 2023	羅宋汁雜菜鮑魚菇飯 Assorted Vegetables with Mushrooms in Russian Borsch Sauce Rice
February 22, 2023	咖喱蘿蔔紅腰豆飯 (微辣)* Curry White Radish & Red Kidney Beans Rice (Mild Spicy)*
February 23, 2023	粟米雞脾菇腐竹飯 Dried Bean Curd, Sweet Corn & Mushroom Rice
February 24, 2023	雪菜毛豆蘑菇飯* Soybean, Mushroom & Preserved Vegetables Rice*
February 27, 2023	上海回鍋素肉飯 Shanghai Vegetarian Pork Stew Rice
February 28, 2023	茄蓉蘑菇紅腰豆飯* Red Kidney Beans, Mushrooms & Tomato Puree Rice*

Important Notice:

1. Some meals may contain soy (\*), peanuts (@) or eggs (#) and other allergens.  
All visible animal fat is removed before serving.
2. Fish fillets are used in the meal, while tiny fish bones may be unavoidably attached to the fillet. Parents should pay attention and choose the meal according to students' ability.
3. All meat is NOT Halal meat.