

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of March.

Date	Menu
March 1, 2023	薯仔炆雞球配麥米飯 Stewed chicken pieces and potato with wheat rice
March 2, 2023	雞粒米線配水晶餅, 時蔬 Custard cake, vegetable and diced chicken with rice vermicelli
March 6, 2023	甘筍粒蒸蛋配香菇時瓜粟米飯 Steamed egg, mushroom, carrot and gourd with corn rice
March 7, 2023	瓜粒冬筍雞絲飯 Shredded chicken and gourd, winter bamboo shoot with rice
March 8, 2023	時菜滑雞配糙米飯 Steamed chicken and vegetable with brown rice
March 9, 2023	甜酸洋蔥雞扒飯 Chicken fillet and onion in sweet and sour sauce with rice
March 10, 2023	焗葡汁雞粒意粉 Baked diced chicken in Portuguese style with spaghetti
March 13, 2023	焗低脂芝士汁魚塊飯 Baked fish fillet in low fat cheese sauce with rice
March 14, 2023	鮮茄豬扒飯 Pork chop in tomato sauce with rice
March 15, 2023	焗薯仔雞柳飯 Baked Chicken and potato with rice
March 16, 2023	蘿蔔肉絲炆魚餅飯 Stewed sliced fish patty, turnip and carrot with rice
March 17, 2023	白菌汁雞件飯 Chicken in mushroom sauce with rice
March 20, 2023	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 Steamed egg with mushroom, tofu and turnips with five grain rice
March 21, 2023	鮮竹燴粟米肉餅飯 Corn patty and bean curd sheet with rice
March 22, 2023	焗磨菇豬柳漢堡飯 Baked pork burger and mushroom with rice
March 23, 2023	焗雞心豆豬柳通心粉 Baked pork chop and chick peas with macaroni
March 24, 2023	洋蔥豬扒飯 Pork chop and onion with rice
March 27, 2023	焗粟米魚柳飯 Baked fish fillet and corn with rice
March 28, 2023	京都豬扒飯 Pork chop in sweet and sour sauce with rice
March 29, 2023	焗美極汁雞扒飯 Baked chicken fillet in Maggi sauce with rice
March 30, 2023	焗什菌雞粒通心粉 Baked diced chicken and mixed mushrooms with macaroni
March 31, 2023	津白肉絲配紅米飯 Shredded pork and Chinese cabbage with red rice

ST. JOHANNES COLLEGE
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Dear Parents,

Here is the vegetarian menu of March.

Date	Menu
March 1, 2023	鮮竹豆腐煮娃娃菜配麥米飯 % Tofu, bean curd sheet and Chinese cabbage with wheat rice %
March 2, 2023	咖喱腰豆茄子薯仔燴扁意粉 (微辣) *% Braised potato, kidney bean and eggplant in curry with linguine sauce (spicy) *%
March 6, 2023	甘筍粒蒸蛋配香菇時瓜粟米飯 ^% Steamed egg, mushroom, carrot and gourd with corn rice ^%
March 7, 2023	香菇粉絲豆干飯 % Dried bean curd, mushroom and bean vermicelli with rice %
March 8, 2023	素肉碎燴豆腐配糙米飯 % Tofu and mixed vegetarian meat with brown rice %
March 9, 2023	葡汁什菜腰豆配麥米飯 % Kidney bean and assorted vegetables in Portuguese style with wheat rice %
March 10, 2023	薯仔雞心豆燴時蔬飯 *% Braised vegetable, potato and chick peas with rice *%
March 13, 2023	菠蘿汁烤腐皮卷十穀飯 Grilled bean curd roll in pineapple sauce with ten grain rice
March 14, 2023	鮮竹燴素獅子頭飯 % Braised vegetarian pork ball and bean curd sheet with rice %
March 15, 2023	玉蘭珍珠筍燴素豆卷飯 % Braised vegetarian bean roll and mini bamboo shoots with rice %
March 16, 2023	磨菇粟米豆腐配扁意粉 % Tofu, mushroom and corn with linguine %
March 17, 2023	上湯雪耳浸津白配腐皮卷麥米飯 Bean curd roll, Chinese cabbage and Chinese white fungus in soup with wheat rice

Date	Menu
March 20, 2023	冬菇蒸蛋配蘿蔔煮豆腐五穀飯 %^ Steamed egg with mushroom, tofu and turnips with five grain rice %^
March 21, 2023	西芹鮮菇素鴨飯 % Dried bean curd, mushroom and celery with rice
March 22, 2023	時瓜珍珠筍炆腐竹配粟米飯 % Mini bamboo shoots, bean curd sheet and seasonal gourd with corn rice %
March 23, 2023	黑椒腰豆什菜燴通心粉 (微辣) % Assorted vegetables and kidney beans in black pepper sauce with macaroni (spicy) %
March 24, 2023	雙菇燴鮮竹飯 % Braised bean curd sheet and mixed mushroom with rice %
March 27, 2023	粟米木耳素肉條配糙米飯 Vegetarian meat, Chinese black fungus and corn with brown rice
March 28, 2023	香芋冬菇燴時蔬飯 % Mushroom, vegetable and taro with rice %
March 29, 2023	鮮竹燴時蔬配燕麥烏冬 Vegetables and bean curd sheet with oat udon
March 30, 2023	三角豆燴什菌意粉配時蔬 % Chick peas, mixed mushrooms and vegetable with spaghetti %
March 31, 2023	鮮菇腐皮炆時瓜配紅米飯 % Gourd, mushroom and bean curd sheet with red rice %

Important Notice:

1. The icons below represent essential components of foods, choose carefully if you have food allergy:

Some meals may contain soy (*), peanuts (@) or eggs (#) and other allergens.
All visible animal fat is removed before serving.

2. All meat is NOT Halal meat.
3. All dishes do not contain broad bean.
4. Curry, black pepper and satay sauce will be a little bit spicy.