

ST. JOHANNES COLLEGE
(Kindergarten section)

Dear Parents,

Here is the menu of May.

Date	Menu
May 2, 2023	什菜蟹柳燴扭紋通配超軟蛋糕 Crab meat, assorted vegetables with fusilli and cake
May 3, 2023	焗低脂芝士汁雞柳飯 Baked chicken in low fat cheese sauce with rice
May 4, 2023	烤雞腿配白菌薯仔, 餐包 Grilled chicken drumsticks with mushroom, potato and bun
May 5, 2023	洋蔥焗雞球飯 Chicken pieces in onion sauce with rice
May 8, 2023	焗鮮茄魚柳飯 Baked fish fillet in tomato sauce with rice
May 9, 2023	時菜冬菇肉片飯 Sliced pork, mushroom and vegetable with rice
May 10, 2023	蟹柳飯團配楊梅批, 車厘茄 Crab meat rice roll, cherry tomatoes & mini blueberry Danish
May 11, 2023	焗白汁雞球通心粉 Baked chicken pieces in cream sauce with macaroni
May 12, 2023	焗菠蘿雞丁意粉 Baked diced chicken and pineapple with spaghetti
May 15, 2023	甘筍粒蒸蛋配香菇時瓜粟米飯 Steamed egg, mushroom, carrot and gourd with corn rice
May 16, 2023	瓜粒冬筍雞絲飯 Shredded chicken and gourd, winter bamboo shoot with rice
May 17, 2023	時菜滑雞配糙米飯 Steamed chicken and vegetable with brown rice
May 18, 2023	燒雞髀配薯菜, 餐包 Grilled chicken leg with potato, vegetable and bun
May 19, 2023	焗葡汁雞粒意粉 Baked diced chicken in Portuguese style with spaghetti
May 22, 2023	焗低脂芝士汁魚塊飯 Baked fish fillet in low fat cheese sauce with rice
May 23, 2023	焗什菜雞扒扁意粉 Baked chicken fillet and assorted vegetables with linguine
May 24, 2023	焗薯仔雞柳飯 Baked chicken and potato with rice
May 25, 2023	燒雞腿扭扭粉配粟米薯仔 Grilled chicken drumsticks, potato and corn with twisty pasta
May 29, 2023	時菜肉片配烏冬 Sliced pork and vegetable with udon
May 30, 2023	蕃茄茸燴雞球飯 Chicken pieces in tomato sauce with rice
May 31, 2023	秀珍菇雞柳配什菜撈麵 Chicken, assorted vegetables and mushroom with noodles

ST. JOHANNES COLLEGE
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Dear Parents,

Here is the vegetarian menu of May.

Date	Menu
May 2, 2023	雲耳瓜粒扒豆腐飯 % Tofu, Chinese white fungus and diced gourd with rice %
May 3, 2023	什菜雙菇伊麵配豆干燴時菜% Assorted vegetable, mushroom and dried bean curd with E-Fu noodles %
May 4, 2023	時菜燴素肉配粟米飯 % Braised bean curd sheet and vegetable with corn rice %
May 5, 2023	蘿蔔香芹炆豆卷飯 % Stewed bean roll, turnips and parsley with rice %
May 8, 2023	西芹炒雞脾菇燴豆干配赤米飯 % Dried bean curd, celery and mushroom with red rice %
May 9, 2023	鮮茄菠蘿烩蛋飯 ^% Egg and pineapple in tomato sauce with rice ^%
May 10, 2023	鮮竹豆腐煮娃娃菜配麥米飯 % Tofu, bean curd sheet and Chinese cabbage with wheat rice %
May 11, 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) *%
May 12, 2023	雪耳冬菇燴素鴨配五穀飯 % Braised vegetarian duck and mushrooms, Chinese white fungus with five grain rice %
May 15, 2023	甘筍粒蒸蛋配香菇時瓜粟米飯 ^% Steamed egg, mushroom, carrot and gourd with corn rice ^%
May 16, 2023	香菇粉絲豆干飯 % Dried bean curd, mushroom and bean vermicelli with rice %
May 17, 2023	素肉碎燴豆腐配糙米飯 % Tofu and mixed vegetarian meat with brown rice %
May 18, 2023	葡汁什菜腰豆配麥米飯 % Kidney bean and assorted vegetables in Portuguese style with wheat rice %
May 19, 2023	薯仔雞心豆燴時蔬飯 *% Braised vegetable, potato and chick peas with rice *%

Date	Menu
May 22, 2023	菠蘿汁烤腐皮卷十穀飯 Grilled bean curd roll in pineapple sauce with ten grain rice
May 23, 2023	鮮竹燴素獅子頭飯 % Braised vegetarian pork ball and bean curd sheet with rice %
May 24, 2023	玉蘭珍珠筍燴素豆卷飯 % Braised vegetarian bean roll and mini bamboo shoots with rice %
May 25, 2023	磨菇粟米豆腐配扁意粉 % Tofu, mushroom and corn with linguine %
May 29, 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 %^
May 30, 2023	西芹鮮菇素鴨飯 % Dried bean curd, mushroom and celery with rice %
May 31, 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 %

Important Notice:

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

 % Mushroom / # Beef / ^ Egg / @ Fish (few fish bone maybe included) /
 + Seafood (Shrimp, Crab etc.) / * Nuts
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.