

**ST. JOHANNES COLLEGE**  
(Kindergarten section)

Dear Parents,

Here is the menu of June.

Date	Menu
June 1, 2023	茄子燴魚腐飯 Fish tofu and eggplants with rice
June 2, 2023	洋蔥豬扒飯 Pork chop and onion with rice
June 5, 2023	焗粟米魚柳飯 Baked fish fillet and corn with rice
June 6, 2023	焗薯仔雞球扭扭粉 Baked chicken pieces and potato with twisty pasta
June 7, 2023	焗美極汁雞扒飯 Baked chicken fillet in Maggi sauce with rice
June 8, 2023	薯仔雞扒扭扭通配軟餐包, 磨菇粒 Chicken fillet, potato, bun and mushroom with twisty pasta
June 9, 2023	焗薯仔雞肉意粉 Baked chicken and potato with spaghetti
June 12, 2023	焗什菜豬柳漢堡飯 Baked pork burger and vegetable with rice
June 13, 2023	磨菇燴肉粒飯 Diced pork and mushroom with rice
June 14, 2023	干燒伊麵配魚餅豆腐 Sliced fish patty and tofu with E-fu noodles
June 15, 2023	焗蒜香豬扒扭紋粉 Baked pork chop in garlic sauce with gemelli
June 16, 2023	學校假期 - 教師發展日 No school for students – Teacher Development Day
June 19, 2023	焗洋蔥魚柳飯 Baked fish fillet and onion with rice
June 20, 2023	什菜雞絲意粉配蛋糕 Cake, Shredded chicken and assorted vegetables with spaghetti
June 21, 2023	冬菇牛肉球配上海麵 Mushroom and beef balls with Shanghai noodles
June 22, 2023	學校假期 – 端午節 No school for students – Tuen Ng Festival
June 23, 2023	焗薯仔豬柳意粉 Baked pork chop and potato with spaghetti
June 26, 2023	焗葡汁魷魚圈魚柳飯 Baked cuttlefish and fish fillet in Portuguese style with rice
June 27, 2023	超軟蛋糕配鮮茄肉粒燴意粉 Diced pork in tomato sauce with spaghetti and cake
June 28, 2023	焗菠蘿豬柳飯 Baked pork chop and pineapple with rice
June 29, 2023	焗什菌豬扒扭扭粉 Baked pork chop and mushroom with twisty pasta
June 30, 2023	焗甘筍肉絲意粉 Baked shredded pork carrot with spaghetti

ST. JOHANNES COLLEGE  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of June.

Date	Menu
June 1, 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) %
June 2, 2023	雙菇燴鮮竹飯 % Braised bean curd sheet and mixed mushroom with rice %
June 5, 2023	粟米木耳素肉條配糙米飯 Vegetarian meat, Chinese black fungus and corn with brown rice
June 6, 2023	香芋冬菇燴時蔬飯 % Mushroom, vegetable and taro with rice %
June 7, 2023	鮮竹燴時蔬配燕麥烏冬 Vegetables and bean curd sheet with oat udon
June 8, 2023	三角豆燴什菌意粉配時蔬 % Chick peas, mixed mushrooms and vegetable with spaghetti %
June 9, 2023	鮮菇腐皮炆時瓜配紅米飯 % Gourd, mushroom and bean curd sheet with red rice %
June 12, 2023	粟米蒸蛋配燴津菜麥米飯 % ^ Steamed egg with sweet corn and Chinese cabbage with wheat rice % ^
June 13, 2023	上湯豆干浸時蔬飯 % Dried bean curd and vegetable in soup with rice %
June 14, 2023	雙耳北菇扒素菜卷配五穀飯 % Vegetarian roll, black mushrooms and mixed fungi with five grain rice %
June 15, 2023	三角豆薯仔燴扭紋螺絲粉 % Chick peas and potato with braised fusilli %
June 16, 2023	學校假期 - 教師發展日 No school for students – Teacher Development Day

Date	Menu
June 19, 2023	素肉碎燴茄瓜豆干配粟米飯 % Diced vegetarian meat, eggplant and dried bean curd with corn rice %
June 20, 2023	雙菇鮮竹扒娃娃菜飯 % Baby cabbage, mixed mushrooms and bean curd sheet with rice %
June 21, 2023	秀珍菇燴豆腐配糙米飯 % Braised tofu and mushrooms with brown rice %
June 22, 2023	學校假期 – 端午節 No school for students – Tuen Ng Festival
June 23, 2023	蕃茄汁磨菇素雞扒配十穀飯 % Mushroom and bean curd sheet in tomato sauce with ten grain rice %
June 26, 2023	粉絲蒸蛋配北菇扒時蔬赤米飯 % ^ Vegetable and dried mushrooms, steamed egg with bean vermicelli with red rice % ^
June 27, 2023	彩椒炒素肉飯 Mixed bell peppers and bean roll with rice
June 28, 2023	什菜烏冬配鮮竹卷 % Assorted vegetables and bean curd roll with udon %
June 29, 2023	什菌燴三角豆薯仔扭紋粉 % Mixed mushroom, chick peas and potato with twisty pasta %
June 30, 2023	粟米燴鮮竹飯 % Bean curd sheet and sweet corn with 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.