

**Shatin Public School (3/2019)**

Date	Week	Meal A	Meal B	Meal C	Meal D
01/03	Fri	Pork Chop in Mushroom Sauce w/Rice	Beef in Sweet & Sour Sauce w/ Carrot Rice	Spaghetti with Shredded Chicken and Vegetables in Portuguese Sauce	Red Kidney Beans with Udon in Korean Style
04/03	Mon	Chicken Fillet in Mushroom Sauce w/Rice	Pork Fillet in Honey Sauce w/Pumpkin Rice	Penne with Beef in Tomato Sauce	Spaghetti with Shredded Egg and Vegetables
05/03	Tue	Pork Chop in Onion Sauce w/ Rice	Beef in Portuguese Sauce w/Red Rice	E-fu Noodle with Shredded Chicken	Assorted Vegetables and Black Eye Beans w/Rice
06/03	Wed	Beef in Tomato Sauce w/Rice	Sweet Corn & Diced Chicken w/Oat Rice	Rice Vermicelli with Sliced Pork and Vegetables	Bean Vermicelli in Steamed Soy Milk Egg w/Rice
07/03	Thu	Chicken Fillet in Lemongrass Lime Sauce w/Rice	Taro and Sliced Pork w/Brown Rice	Udon with Beef and Straw Mushroom	Soy Knot,Corn and Vegetables w/Rice
08/03	Fri	Pork Chop in Sweet Curry w/Rice	Minced Beef in Borscht Sauce w/Corn Rice	Shanghai Noodle with Shredded Chicken and Vegetables	Black Fungus and Black Eye Beans w/Rice
11/03	Mon	Chicken in Sweet Sour Sauce w/Rice	Steamed Seafood(fish), Asparagus and Egg w/Corn Rice	Rice Vermicelli with Garlic and Shredded Pork	Bean Curd and vegetables in Vegetarian Oysters Sauce w/ Rice
12/03	Tue	Pork Chop in Curry Sauce w/Rice	Braised Chicken and Potato w/Oat Rice	Spaghetti with Minced Beef and Mushroom	Rice Vermicelli with Vegetables and Soya Beans in Xiamen Style
13/03	Wed	Mixed Vegetables and Minced Beef w/ Rice	Steamed Pork Patty and Pumpkin w/Red Rice	E-fu Noodle with Shredded Chicken	Tofu Cubes and Vegetables w/ Rice
14/03	Thu	Chicken Fillet in Portuguese Sauce w/Rice	Beef in Honey Garlic Sauce w/Brown Rice	Fusilli with Sliced Pork and Pumpkin	Udon with Mixed Vegetables and Chick Peas
15/03	Fri	Fish Fillet in Herb Cream Sauce w/ Rice	Sliced Pork in Sweet & Sour Sauce w/ Carrot Rice	Rice Vermicelli with Beef,Garlic and Cabbage	Borscht Sauce and Red Kidney Bean w/Rice
19/03	Tue	Pork Fillet in Onion Sauce w/ Rice	Minced Beef and Dice Chinese Melon w/Red Rice	Noodle with Soy Sauce and Shredded Chicken	Chick Peas and Celery w/Rice
20/03	Wed	Chicken in Portuguese Sauce w/ Rice	Steamed Egg with Minced Pork and Bean Vermicelli w/Oat Rice	Minced Beef and Braised Eggplant with Twisty Pasta	Rice Vermicelli with Hairy Cucumber and Soya Beans
21/03	Thu	Pork Chop in Lemongrass Sauce w/Rice	Mushroom and Chicken w/Brown Rice	Fusilli with Beef and Garlic	Spaghetti with Shredded Egg and Vegetables
22/03	Fri	Fish Fillet in Corn Cream Sauce w/Rice	Diced Pork ,Tomato and Potato w/Carrot Rice	Udon with Shredded Chicken, Onion and Carrot	Baked Beans in Tomato Sauce and Vegetables w/Rice
25/03	Mon	Pork Chop in Mushroom Sauce w/Rice	Chicken in Cream Sauce w/Carrot Rice	E-fu Noodle with Vegetables and Beef	Chick Peas and Mixed Vegetables in Sweet Curry w/Rice
26/03	Tue	Beef in Portuguese Sauce w/ Rice	Sweet Corn & Diced Pork w/Red Rice	Udon with Shredded Chicken in Teriyaki Sauce	Carrot,Shiitake Mushroom and Bean Vermicell with Steamed Egg w/Rice
27/03	Wed	Pork Fillet in Lobster Sauce w/ Rice	Chicken & Celery w/Brown Rice	Spaghetti with Beef and Onion	Baked Beans and Vegetable w/Rice
28/03	Thu	Fish Fillet in Kabayaki Sauce w/Rice	Shredded Beef in Tomato Sauce w/Oat Rice	Rice Vermicelli with Sliced Pork and Vegetables	Vegetables in Portuguese Sauce w/Red Kidney Bean Rice
29/03	Fri	Chicken Fillet in Herb Cream Sauce w/ Rice	Pumpkin and Pork in Sweet Curry Sauce w/Quinoa Rice	Penne with Beef in Vegetables Tomato Sauce	Rice Vermicelli with Chick Peas in Singapore Style

- Notice :**
1. Students need to order for a whole month.
  2. According to the menu collection date, please attach a receipt on the right part of the chinese version menu and return it to the class teacher on time. Delay is not allowed.
  3. Please return the right part of this lunch order form even you do not need to order meals.
  4. All meals without board bean ingredients.
  5. All meals do not contain broad bean ingredients. #symbol-represents meal contain peanuts,@symbol-represents meal contain mushroom, ^symbol-represents meal contain milk(skimmed milk), please choose carefully if students have food allergies. !symbol-represents spicy meal, \*symbol-indicate use high-quality boneless fish fillets, which may still contain fish bones, Please pay attention to your selection. All sauces are homemade, tomato ketchup, full cream milk, evaporated milk, whipping cream & coconut juice and coconut milk are not included. Does not contain deep fried food, skinless chicken fillets will be used. & represents E-fu noodle not deep fried by oil.(All meals include vegetables) \* ( )symbol after the meals represents a number of calories for reference only. \*

**Please fill your information and choose your meal A/B/C/D into the blank column and submit the Chinese version with this menu to Murray.**