

### Shatin Public School (1/2019)

| Date  | Week | Meal A  | Meal B   | Meal C  | Meal D   |
|-------|------|---|--|---|--|
| 04/01 | Fri  | Chicken Fillet in Lemongrass Lime Sauce w/Rice              | Sweet Corn & Diced Pork w/Oat Rice                         | Twisty Pasta with Beef in Tomato Sauce                                      | Chick Peas and Vegetable with E-fu Noodle                      |
| 07/01 | Mon  | Beef in Portuguese Sauce w/Rice                             | Steamed Black Fungus and Diced Chicken w/Pumpkin Rice      | Rice Vermicelli with Shrimps and shredded Pork                              | Vegetarian Diced Fish and Tofu in Tomato Mushroom Sauce w/Rice |
| 08/01 | Tue  | Pork Chop in Onion Sauce w/ Rice                            | Fresh Tomato and Beef w/Red Rice                           | Shanghai Noodle with Shredded Chicken and Vegetables                        | Buddha's Delight with Black Eye Beans w/Rice                   |
| 09/01 | Wed  | Chicken Fillet in Mushroom Sauce w/Rice                     | Onion,Potato and Sliced Pork w/Brown Rice                  | Spaghetti with Beef in Pumpkin Sauce  | Rice Vermicelli with Vegetables and Egg                        |
| 10/01 | Thu  | Fish Fillet in Corn Sauce w/Rice                            | Chicken in Sweet and Sour Sauce w/Oat Rice                 | Udon with Sesame and Pork   | Chick Peas in Tomato Sauce and Vegetables w/Rice               |
| 11/01 | Fri  | Pork Chop in Mushroom Cream Sauce w/Rice                    | Minced Beef in Onion Sauce w/Carrot Rice                   | Noodle with Shredded Chicken and Vegetables                                 | Assorted Vegetables and Soya Beans w/Rice                      |
| 14/01 | Mon  | Chicken, Pumpkin and Mushroom w/Rice                        | Minced Pork and Bean Vermicelli in Steamed Egg w/Corn Rice | Spaghetti with Eggplant and Diced Fish                                      | Bean Vermicelli, Black Eye Beans and Hairy Cucumber w/Rice     |
| 15/01 | Tue  | Pork Chop in Carrot Sauce w/Rice                            | Braised Chicken and Shiitake Mushroom w/Red Rice           | Udon with Shredded Vegetables and beef                                      | Baked Beans in Tomato Sauce and Vegetables w/Rice              |
| 16/01 | Wed  | Beef in Honey Garlic Sauce w/Rice                           | Steamed Shiitake Mushroom and Pork Patty w/Brown Rice      | E-fu Noodle with Shredded Chicken   | Potato in Portuguese Sauce w/Red Kidney Bean Rice              |
| 17/01 | Thu  | Chicken Fillet in Portuguese Sauce w/Rice                   | Minced Beef in Herb Cream Sauce w/Oat Rice                 | Shanghai Noodle with Carrot and Shredded Pork                               | Chick Peas and Mixed Vegetables w/Rice                         |
| 18/01 | Fri  | Pork Chop in Mix Mushroom Sauce w/Rice                      | Braised Chicken and Potato w/Pumpkin Rice                  | Macaroni with Beef and mushroom   | Rice Vermicelli with Shredded Egg and Vegetables               |
| 21/01 | Mon  | Chicken Fillet in Dried Scallop and Egg Flower Sauce w/Rice | Steamed Seafood(fish), Asparagus and Egg w/Corn Rice       | Udon with Chinese Celery and Beef   | Buddha's Delight and Soya Beans w/Rice                         |
| 22/01 | Tue  | Pork Chop in Tomato Sauce w/Rice                            | Sliced Beef and Onion w/Carrot Rice                        | Chicken with Spaghetti in Carbonara Sauce                                   | Shiitake Mushroom, Vegetables and Red Kidney Bean w/ Noodle    |
| 23/01 | Wed  | Shredded Chicken and Corn in Cream Sauce w/Rice             | Sliced Pork in Low Fat Portuguese Sauce w/Brown Rice       | Rice Vermicelli with black Fungus and Beef                                  | Bean Vermicelli in Steamed Soy Milk Egg w/Rice                 |
| 24/01 | Thu  | Fish Fillet in Herb Cream Sauce w/ Rice                     | Chinese Melon and Beef w/Pumpkin Rice                      | Twisty Pasta with Minced Pork and Eggplant Braised Eggplant in Tomato Sauce | Rice Vermicelli with shredded Vegetables and Chick Peas        |
| 25/01 | Fri  | Chicken Fillet in Lemongrass Sauce w/Rice                   | Sliced Pork and Tomato w/Red Rice                          | Noodle with Shredded Beef and Garlic  | Vegetables, Chinese Melon and Red Kidney Bean w/Rice           |
| 28/01 | Mon  | Chicken Fillet in Tomato Sauce w/Rice                       | Shredded Beef in Tomato Sauce w/Carrot Rice                | Fusilli with Mushroom and Sliced Pork in Teriyaki Sauce                     | Udon with Red Kidney Bean and Vegetables                       |
| 29/01 | Tue  | Mushroom and Minced Beef w/Rice                             | Steamed Pork Patty and Corn w/Red Rice                     | Twisty Pasta with Shredded Chicken and Pumpkin                              | Mushroom and Vegetables and Soya Beans w/Rice                  |
| 30/01 | Wed  | Pork Chop in Garlic Sauce w/Rice                            | Chicken Fillet and Celery w/Corn Rice                      | Rice Vermicelli with Beef   | Chick Peas and Vegetables in Portuguese Sauce w/Rice           |
| 31/01 | Thu  | Chicken Fillet in Mix Mushroom Sauce w/Rice                 | Beef and Onion w/Oat Rice                                  | Penne with Sliced Pork in Sweet Curry Sauce                                 | Rice Vermicelli with Chick Peas                                |

**Notice :**

- Students need to order for a whole month.
- 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.
- Please return the right part of this lunch order form even you do not need to order meals.
- All meals without board bean ingredients.
- 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.**