

### Shatin Public School (11/2018)

Date	Week	Meal A	Meal B	Meal C	Meal D
01/11	Thu	N/A	Steamed Pork Patty and Carrot w/Rice	N/A	N/A
05/11	Mon	Chicken and Sweet Potato in Low Fat Cream Sauce w/ Rice	Minced Pork and Bean Vermicelli in Steamed Egg w/Carrot Rice	Penne with Minced Beef and Tomato	Rice Vermicelli with Vegetables and Egg in Xiamen Style
06/11	Tue	Pork Fillet in Corn Sauce w/Rice	Braised Shiitake Mushroom and Beef w/Red Rice	Rice Vermicelli with Shredded Chicken	Mixed vegetables in Tomato Sauce and Red Kidney Bean w/Rice
07/11	Wed	Mushroom and Chicken w/Rice	Steamed Pork Patty and Corn w/Brown Rice	Fusilli with Shredded Beef and Pumpkin in Cream Sauce	Udon with Carrot, Egg and Cabbage
08/11	Thu	Pork Chop in Lemongrass Sauce w/Rice	Minced Beef in Tomato Sauce w/Corn Rice	Udon with Celery with Shredded Chicken	Chick Peas and Vegetables in Cream Sauce w/Rice
09/11	Fri	Fish Fillet in Carrot Sauce w/Rice	Diced Pork w/Pumpkin Rice	Spaghetti with Minced Beef in Tomato Sauce	Rice Vermicelli with Shredded Egg and Vegetables
12/11	Mon	Minced Beef in Tomato Mushroom Sauce w/Rice	Steamed Chinese Wolfberries, Shiitake Mushroom and Chicken w/Corn Rice	Fusilli with Sliced Pork and Pumpkin	Udon with Mixed Vegetables and Chick Peas
13/11	Tue	Pork Chop in Orange Grapefruit Sauce w/Rice	Beef and Carrot w/Red Rice	Rice Vermicelli with Shredded Chicken and Vegetables	Mushroom and Vegetables and Soya Beans w/Rice
14/11	Wed	Diced Chicken and Tomato w/Rice	Mixed Mushroom and Steamed Pork w/Pumpkin Rice	Noodle with Beef	Red Kidney Bean and Potato in Portuguese Sauce w/Rice
15/11	Thu	Pork Chop in Teriyaki Sauce w/Rice	Minced Beef and Chinese Melon w/Oat Rice	Udon with Shredded Chicken and Mixed Vegetables	Bean Vermicelli, Black Eye Beans and Hairy Cucumber w/Rice
16/11	Fri	Fish Fillet in Herb Cream Sauce w/ Rice	Chicken Fillet in Portugese Sauce w/Quinoa Rice	Spaghetti with Minced Pork, Onion and Carrot	Udon with Chick Peas and Vegetables
19/11	Mon	Garlic & Chicken in Honey Sauce w/Rice	Steamed Egg with Minced Pork and Bean Vermicelli w/Oat Rice	Noodle with Shredded Beef, mushroom and Garlic	Buddha's Delight with Black Eye Beans w/Rice
20/11	Tue	Pork Chop in Tomato Mushroom Sauce w/Rice	Minced Beef and Braised Eggplant in Tomato Sauce w/Carrot Rice	E-fu Noodle with Straw Mushroom and Shredded Chicken	Assorted Vegetables and Soya Beans w/Rice
21/11	Wed	Chicken Fillet in Corn Cream Sauce w/Rice	Steamed Pork Patty and Pumpkin w/Red Rice	Spaghetti with Minced Beef	Rice Vermicelli with Chick Peas and Vegetables
22/11	Thu	Fillet Fish in Sweet Sour Sauce w/Rice	Minced Beef in Mushroom Sauce w/Brown Rice	Udon with Sesame and Pork	Baked Beans in Tomato Sauce and Vegetables w/Rice
23/11	Fri	Pork Chop in Onion Sauce w/ Rice	Braised Chicken and Potato w/Pumpkin Rice	Shanghai Noodle with Beef, Celery& black Fungus	Chick Peas and Vegetables in Cream Sauce w/Rice
27/11	Tue	Pork Chop in Tomato Sauce w/Rice	Sweet Corn & Diced Chicken w/Oat Rice	Quinoa Udon with Vietnamese Beef Sausage and Carrot	Mix Mushrooms and Chick Peas w/Rice
28/11	Wed	Chicken Fillet in Lemongrass Lime Sauce w/Rice	Minced Beef, Mushroom and Potato w/Pumpkin Rice	Spaghetti with Shredded Pork in Corn Cream Sauce	Udon with Shredded Egg and Vegetables
29/11	Thu	Pork Chop in Garlic Sauce w/Rice	Chicken in Cream Sauce w/Sweet Potato Rice	E-fu Noodle with Straw Mushroom and Beef	Assorted Vegetables and Soya Beans w/Rice
30/11	Fri	Fish Fillet in Corn Sauce w/Rice	Pumpkin and Pork in Sweet Curry Sauce w/Quinoa Rice	Twisty Pasta with Mushroom and Chicken in Tomato Sauce	Noodle with Chick Peas and Celery

- 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.**