

Shatin Public School

DECEMBER, 2019

Date	Week	A	B	C	E
3/12	Tue	Rice with cherry tomato and chicken steak	Spaghetti with sliced fish patty and cabbage in Japanese style, vegetable V	Corn rice with diced pork and mushroom Y	Vegetable in soup, rice with dried bean curd Y
4/12	Wed	Rice with chicken wings in curry sauce (spicy) 辣	E-fu noodles with sliced fish patty and tofu VY	Five grain rice with sliced pork in tomato sauce	Five grain rice with vegetarian roll, mushrooms and mixed fungus Y
5/12	Thu	Rice with pork balls and vegetable	Twisty pasta with pork chop in garlic sauce	Brown rice with diced chicken and mushroom Y	Fusilli with chick peas and potato Y
6/12	Fri	Rice with beef tenderloin in herb sauce d	Spaghetti with mixed shredded meat and mushroom Y	Ten grain rice with stir-fried chicken and vegetable	Rice with corn, celery and tofu Y
9/12	Mon	Rice with fish fillet and onion V	Spaghetti with chicken and mushroom Y	Corn rice with Chinese melon and pork ball, steamed egg with minced pork ㊟	Corn rice with eggplants, dried bean curd and buddha's feast Y
10/12	Tue	Rice with chicken pieces in tomato sauce	Spaghetti with shredded chicken and vegetable	Red rice with beef and potato Yd	Rice with baby cabbage, mixed mushrooms and bean curd sheet Y
11/12	Wed	Rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls dY	Brown rice with chicken pieces, onion and pineapple	Brown rice with braised tofu and mushrooms Y
12/12	Thu	Rice with sliced pork and mushroom Y	Twisty pasta with chicken and assorted vegetables	Corn rice with minced pork and patty, black mushroom Y	Braised linguine with red kidney beans and assorted vegetables in curry sauce(spicy) 辣Y
13/12	Fri	Rice with beef tenderloin in BBQ sauce d	Spaghetti with pork chop in low fat cheese sauce	Ten grain rice with Chinese black fungus and diced pork Y	Ten grain rice with mushroom and vegetarian chicken steak with tomato sauce Y
16/12	Mon	Rice with cuttlefish and fish fillet in Portuguese style BV	Spaghetti with carrot and chicken	Red rice with steamed patty and vegetable Y	Red rice with vegetable and dried mushrooms, steamed egg with bean vermicelli ㊟Y
17/12	Tue	Rice with chicken pieces in sauce and vegetable	Spaghetti with diced pork in tomato sauce, vegetable	Ten grain rice with sliced pork and sweet corn Y	Rice with mixed bell peppers and vegetarian meat
18/12	Wed	Rice with pork chop and pineapple	Lo Mein (noodles) with diced pork and potato	Wheat rice with chicken in curry sauce(spicy) 辣	Udon with assorted vegetables and bean curd roll Y
19/12	Thu	Rice with chicken in minced meat sauce	Twisty pasta with pork chop and mushroom Y	Five grain rice with diced beef and assorted vegetables in light black pepper sauce (spicy)d	Twisty pasta with mixed mushroom and potato Y