

Shatin Public School (6/2018)

Date	Week	Meal A	Meal B	Meal C	Meal D
01/06	FRI	Chicken Fillet in Pumpkin Sauce w/Rice	Mixed Spice and Minced Beef w/Quinoa Rice	Rice Vermicelli with Pork and Mixed Vegetables	Assorted Vegetables and Chick Peas w/Rice
04/06	MON	Pork Chop in Corn Sauce w/Rice	Chicken in Cream Sauce w/Oat Rice	Braised Shredded Beef in Tomato Sauce w/Penne	Udon with Egg and Assorted Vegetables in Japanese Style
05/06	TUE	Chicken Fillet in Tomato Sauce w/Rice	Minced Beef in Oyster sauce w/Brown Rice	Fusilli with Mushroom and Sliced Pork in Teriyaki Sauce	Noodle with Mixed Vegetables and Tofu Skin
06/06	WED	Beef in Irish Sauce w/Rice	Steamed Tofu Skin and Sliced Pork w/Red Rice	Fried E-fu Noodle with Shredded Chicken	Baked Beans in Tomato Sauce and Vegetables w/Rice
07/06	THU	Pork Fillet in Honey Sauce w/Rice	Chicken & Celery w/Pumpkin Rice	Spaghetti with Minced Beef and Mixed Vegetables in Tomato Sauce	Rice Vermicelli with Vegetables and Egg in Xiamen Style
08/06	FRI	Chicken Fillet in Portugese Sauce w/Rice	Beef in Borscht Sauce w/Sweet Potato Rice	Udon with Vegetables and Vietnamese Pork Sausage	Hairy Cucumber, Bean Vermicelli and Stewed Tofu Skin w/Rice
11/06	MON	Chicken Leg in Soy Sauce w/Rice	Minced Pork and Bean Vermicelli in Steamed Egg w/Brown Rice	Penne with Shredded Chicken in Tomato Sauce	Udon with Assorted Vegetables and Chick Peas
12/06	TUE	Chicken Fillet in Lemongrass Sauce w/Rice	Beef and Assorted Vegetables w//Corn Rice	Spaghetti with Shredded Pork in Tomato Sauce	Rice Vermicelli with Buddha's Delight
13/06	WED	Diced Pork and Pumpkin w/Rice	Steamed Black Fungus and Diced Chicken w/Red Rice	Quinoa Udon with Carrot and Vietnamese Beef Sausage	Red Kidney Bean and Assorted Vegetables w/Rice
14/06	THU	Chicken Fillet in Soy Sauce w/Rice	Minced Beef in Portuguese Sauce w/Pumpkin Rice	Fusilli with Sliced Pork in Carbonara Sauce	Egg and Assorted Vegetables w/Udon
15/06	FRI	Pork Chop in Tomato Sauce w/Rice	Chicken in Mushroom Sauce w/Sweet Potato Rice	E-fu Noodle with Shredded Beef and Celery	Chick Peas and Vegetables in Cream Sauce w/Rice
19/06	TUE	Peking Pork Chop w/Rice	Chicken in Borscht Sauce w/Pumpkin Rice	Penne with Minced Beef and Braised Eggplant in Tomato Sauce	Rice Vermicelli in Xiamen Style(Not Spicy)
21/06	THU	Minced Beef in Spinach Cream Sauce w/Rice	Corn and Minced Fish in Steamed Egg w/Oat Rice	Fusilli with Shredded Chicken in Tomato Sauce	Udon with Shredded Egg and Vegetables
22/06	FRI	Pork Chop in Teriyaki Sauce w/Rice	Chicken in Sweet and Sour Sauce w/Red Rice	Spaghetti with Beef and Corn	Buddha's Delight and Soya Beans w/Rice
25/06	MON	Chicken Fillet in Soy Sauce w/Rice	Shredded Beef in Tomato Sauce w/Sweet Potato Rice	Penne with Diced Pork and Pumpkin	Rice Vermicelli with Hairy Cucumber, Black Eye Beans and Black Fungus
26/06	TUE	Minced Beef in Italian Tomato Sauce w/Rice	Steamed Shiitake Mushroom and Steamed Pork Patty w/Brown Rice	Spaghetti with Chicken in Cream Sauce	Chick Peas and Mixed Vegetables in Sweet Curry w/Rice
27/06	WED	Pork Chop in Onion Sauce w/ Rice	Braised Chicken and Potato w/Pumpkin Rice	Shanghai Noodle with Shiitake Mushroom and Beef	Assorted Vegetables and Soya Beans w/Rice
28/06	THU	Minced Beef and Mushroom w/Rice	Sliced Pork and Corn w/Carrot Rice	Fusilli with Diced Chicken and Pumpkin	Red Kidney Bean w/Rice in Xiamen Style
29/06	FRI	Chicken Fillet in Sweet Curry Sauce w/Rice	Assorted Vegetables and Beef w/Oat Rice	Twisty Pasta with Minced Pork in Tomato Sauce	Udon with Shredded Egg and Vegetables

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.