

### Shatin Public School (4/2018)

<u>Date</u>	<u>Week</u>	<u>Meal A</u>	<u>Meal B</u>	<u>Meal C</u>	<u>Meal D</u>
06/04	Fri	Fish Fillet in Tomato Sauce w/Rice	Stewed Straw Mushroom and Chicken Fillet w/Red Rice	Spaghetti with Minced Beef and Garlic	Shiitake Mushroom, Black Eye Beans and Vegetables w/Rice
09/04	Mon	Chicken in Irish Sauce w/Rice	Minced Pork and Bean Vermicelli in Steamed Egg w/Carrot Rice	Rice Vermicelli with Shredded Beef	Pumpkin in Tomato Sauce and Red Kidney Bean w/Rice
10/04	Tue	Pork Chop in Garlic Sauce w/Rice	Minced Beef in Tomato Sauce w/Pumpkin Rice	Penne with Shredded Chicken in Tomato Sauce	Rice Vermicelli with Shredded Egg and Vegetables
11/04	Wed	Chicken in Cream Sauce w/Rice	Steamed Pork Patty and Pumpkin w/Brown Rice	Twisty Pasta with Beef in Onion Sauce	Rice Vermicelli with Chick Peas and Vegetables
12/04	Thu	Fish Fillet in Corn Sauce w/Rice	Shredded Chicken in Tomato Sauce w/Corn Rice	Noodle with Sliced Pork and Vegetables	Buddha's Delight with Rice
13/04	Fri	Chicken Fillet in Mushroom Sauce w/Rice	Diced Pork and Corn w/Red Rice	Udon with Beef in Japanese Style	Chinese Melon, Bean Vermicelli and Soya Beans w/ Rice
16/04	Mon	Assorted Vegetables and Red Kidney Bean in Tomato Sauce w/Rice	Sliced Pork in Sweet & Sour Sauce w/Carrot Rice	Noodle with Shredded Chicken and Vegetables	Baked Beans in Tomato Sauce and Vegetables w/Rice
17/04	Tue	Pork Fillet in Honey Sauce w/Rice	Chicken in Sweet and Sour Sauce w/Red Rice	Shanghai Noodle with Shredded Beef and Straw Mushrooms	Chick Peas and Vegetables w/Rice
18/04	Wed	Chicken Fillet in Tomato Sauce w/Rice	Fresh Tomato and Beef w/Brown Rice	Spaghetti with Sliced Pork and Mushroom	Rice Vermicelli with Shredded Egg and Vegetables
19/04	Thu	Sliced Pork in Borscht Sauce w/Rice	Minced Fish in Steamed Egg w/Oat Rice	Penne with Shredded Chicken and Pumpkin	Black Eye Beans and Vegetables w/Rice
20/04	Fri	Chicken Fillet in Lemongrass Soy Sauce w/Rice	Beef in Mushroom Sauce w/Brown Rice	Fusilli with Diced Pork and Pumpkin in Cream Sauce	Red Kidney Bean and Vegetables w/Rice
23/04	Mon	Pork Chop in Carbonara Sauce w/Rice	Minced Beef, Potato and Vegetable w/Pumpkin Rice	Udon with Shredded Chicken in Japanese Style	Shiitake Mushroom, Vegetables and Black Eye Beans w/ Rice
24/04	Tue	Chicken in Portuguese Sauce w/ Rice	Steamed Pork Patty and Carrot w/Red Rice	Penne with Beef in Vegetable Tomato Sauce	Rice Vermicelli with Egg in Singapore-Style(Not Spicy)
25/04	Wed	Beef in Teriyaki Sauce w/Rice	Diced Chicken w/Corn Rice	Noodles with Mixed Vegetables and Shredded Pork	Hairy Cucumber, Bean Vermicelli and Tofu Skin w/Rice
26/04	Thu	Mushroom and Chicken w/Rice	Steamed Pumpkin, Minced Pork and Egg w/Red Rice	Spaghetti with Beef in Onion Sauce	Buddha's Delight and Soya Beans w/Rice
27/04	Fri	Minced Beef in Corn Cream Sauce w/Rice	Chicken & Celery w/Oat Rice	Twisty Pasta with Minced Pork and Braised Eggplant in Tomato Sauce	Udon with Chick Peas and Mixed Vegetables
30/04	Mon	Chicken Fillet in Low Fat Cheese Sauce w/Rice	Braised Beef in Taiwan Style w/Brown Rice	Noodles with Vegetables and Shredded Pork	Chinese Melon, Tofu skin and Bean Vermicelli w/Rice

**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. \*

\*\* 16th April 2018 (Monday) has been designated to be "Super Green Monday" School Lunch Award, vegetarian food on that day, hope you will participate this event positively.\*\*

**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.**