

Shatin Public School (5/2019)

Date	Week	Meal A	Meal B	Meal C	Meal D
02/05	Thu	Pork Fillet in Portuguese Sauce w/Rice	Chicken Fillet in Dried Scallop and Egg Flower Sauce w/Corn Rice	Udon with Beef and Celery	Assorted Vegetables, Mix Mushroom and Black Eye Beans w/Rice
03/05	Fri	Chicken Fillet in Low Fat Cheese Sauce w/Rice	Beef in Curry Sauce w/Oat Rice	Noodles with Vegetables and Shredded Pork	Buddha's Delight and Chick Peas w/Rice
06/05	Mon	Beef in Herb Cream Sauce w/ Rice	Chicken in Mushroom Sauce w/Corn Rice	Udon with Pork and Onion	Bean Vermicelli in Steamed Soy Milk Egg w/Rice
07/05	Tue	Pork Fillet, Mix Mushroom and Carrot w/ Rice	Beef in Portuguese Sauce w/Red Rice	E-fu Noodle with Shredded Chicken	Tofu Cubes and Vegetables w/ Rice
08/05	Wed	Beef in Tomato Sauce w/Rice	Steamed Diced Chicken, Carrot and Shiitake Mushroom w/Oat Rice	Fusilli with Mushroom and Sliced Pork in Teriyaki Sauce	Udon with Egg in Japanese Style
09/05	Thu	Fillet Fish in Sweet Sour Sauce w/Rice	Stewed Straw Mushroom and Sliced Pork w/Pumpkin Rice	Spaghetti with Beef and Corn	Chick Peas and Mixed Vegetables w/Rice
10/05	Fri	Chicken Fillet in Teriyaki Sauce w/Rice	Minced Beef, Potato and Onion w/Brown Rice	Rice Vermicelli with Pork and Mixed Vegetables	Buddha's Delight and Soya Beans w/Rice
14/05	Tue	Sliced Pork in Mushroom Sauce w/Rice	Steamed Seafood(fish), Asparagus and Egg w/Corn Rice	Fusilli with Shredded Chicken and Pumpkin	Udon with Carrot, Egg and Cabbage
15/05	Wed	Chicken Fillet in Tomato Sauce w/ Rice	Diced Pork and Corn w/Red Rice	Spaghetti with Minced Beef in Tomato Sauce	Noodle with Vegetables and Chick Peas
16/05	Thu	Pork Fillet in Honey Sauce w/Rice	Beef and Radish w/ Quinoa Rice	Rice Vermicelli with Chicken Fillet and Cabbage	Sweet Corn in Steamed Soy Milk Egg w/Rice
17/05	Fri	Chicken Fillet in Onion Sauce w/ Rice	Diced Pork and Chinese Melon w/Carrot Rice	Shanghai Noodle with Beef and Garlic	Vegetables in Portuguese Sauce w/Red Kidney Bean Rice
20/05	Mon	Pork Chop in Lemongrass Sauce w/Rice	Minced Beef in Herb Sauce w/Corn Rice	Fusilli with Shredded Chicken in Cream Sauce	Rice Vermicelli with Mixed Vegetables and Egg
21/05	Tue	Malaysian Satay Chicken w/ Rice	Steamed Pork Patty and Pumpkin w/Quinoa Rice	Shanghai Noodle with Beef and Onion	Soya Beans and Vegetables in Cream Sauce w/Rice
22/05	Wed	Beef in Borscht Sauce w/Rice	Steamed Chinese Wolfberries and Chicken w/Brown Rice	Twisty Pasta with Pork Fillet in Low Fat Chowder Sauce	Udon with Mixed Vegetables and Chick Peas
23/05	Thu	Fish Fillet in Corn Sauce w/Rice	Sliced Pork in Tomato Sauce w/ Red Rice	Rice Vermicelli with Shredded Chicken in Tomato Sauce	Enoki Mushroom and Bean Curd w/ Rice
24/05	Fri	Pork Fillet in Herb Cream Sauce w/ Rice	Chicken in Sweet and Sour Sauce w/Carrot Rice	Udon with Beef and Celery	Baked Beans in Tomato Sauce and Vegetables w/Rice
27/05	Mon	Beef in Teriyaki Sauce w/Rice	Minced Pork in Steamed Egg w/Pumpkin Rice	Spaghetti with Shredded Chicken in Portuguese Sauce	Chick Peas and Vegetables with Noodles
28/05	Tue	Pork Chop in Tomato Sauce w/Rice	Braised Black Fungus and Chicken w/Red Rice	Fusilli with Minced Beef in Herb Cream Sauce	Vegetarian Rice Vermicelli with Vegetables and Egg in Singapore-Style
29/05	Wed	Chicken Fillet in Mushroom Sauce w/Rice	Beef in Portuguese Sauce w/Carrot Rice	E-fu Noodle with Straw Mushroom and Shredded Pork	Vegetarian Ham in Low Fat Cream Sauce w/Rice
30/05	Thu	Minced Beef in Mushroom Sauce w/ Rice	Steamed Pork Patty and Corn w/Oat Rice	Twisty Pasta with Chicken in Mushroom Cream Sauce	Rice Vermicelli with Soya Beans in Xiamen Style
31/05	Fri	Pork Chop in Sweet Curry Sauce w/Rice	Diced Chicken w/Brown Rice	Rice Vermicelli with Beef	Red Kidney Bean and Pumpkin 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. *

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.