



# Shatin Public School

# OCTOBER, 2019

Date	Week	A	B	C	E
2/10	Wed	Rice with pork chop and mixed beans	Shanghai noodles with mushroom and beef balls	Brown rice with chicken pieces, onion and pineapple	Brown rice with braised tofu and mushrooms
3/10	Thu	Rice with sliced pork and mushroom	Twisty pasta with chicken and assorted vegetables	Corn rice with minced pork and patty, black mushroom	Braised linguine with red kidney beans and assorted vegetables in curry sauce(spicy)
4/10	Fri	Rice with beef tenderloin and pineapple	Spaghetti with pork chop in low fat cheese sauce	Ten grain rice with Chinese black fungus and diced pork	Ten grain rice with mushroom and vegetarian chicken steak with tomato sauce
8/10	Tue	Rice with chicken pieces in sauce and vegetable	Spaghetti with diced pork in tomato sauce and vegetable	Ten grain rice with sliced pork and sweet corn	Rice with mixed bell peppers and vegetarian meat
9/10	Wed	Rice with pork chop and pineapple	Lo Mein (noodles) with diced pork and potato	Wheat rice with chicken in curry sauce(spicy)	Udon with assorted vegetables and bean curd roll
10/10	Thu	Rice with chicken in minced meat sauce	Twisty pasta with pork chop and mushroom	Five grain rice with diced beef and assorted vegetables in light black pepper sauce (spicy)	Twisty pasta with mixed mushroom and potato
11/10	Fri	Rice with beef tenderloin in tomato sauce	Spaghetti with shredded pork and corn, celery	Red rice with chicken pieces and mushroom	Rice with bean curd sheet and sweet corn
14/10	Mon	Rice with fish fillet and corn	Spaghetti with pork tenderloin in beef sauce	Five grain rice with chicken, eggplant, steamed egg and mushroom	Five grain rice with bean curd roll, tomato and vegetable
15/10	Tue	Rice with pork chop in satay sauce (spicy)	Baked linguine with chicken and sweet corn	Brown rice with sautéed tofu, diced pork and vegetable	Rice with chick peas, pumpkin and assorted vegetables
16/10	Wed	Rice with chicken and white mushroom	Udon with assorted vegetables, pork meatballs and vegetable	Red rice with steamed chicken and mushroom	Red rice with eggplant and tofu
17/10	Thu	Rice with stewed diced pork and mushroom	Macaroni with chicken steak and carrot, potato	Rice with beef and tomato	Ten grain rice with dried bean curd, mushroom and gourd
18/10	Fri	Rice with beef steak in tomato sauce	Spaghetti with chicken and onion	Brown rice with sliced pork and cabbage, mushroom	Brown rice with tofu and mixed mushrooms
21/10	Mon	Rice with pork chop and mushroom	Spaghetti with chicken in tomato sauce	Corn rice with braised patty and Chinese cabbage	Corn rice with mushroom and vegetarian chicken in black pepper sauce, egg with vegetables (spicy)
22/10	Tue	Rice with seafood in curry sauce(spicy)	Fusilli with crab meat and assorted vegetables, vegetable	Red rice with sliced pork, mushroom and gourd	Rice with tofu, Chinese white fungus and diced gourd
23/10	Wed	Rice with chicken in low fat cheese sauce	Lo Mein (noodles) with corn and beef	Ten grain rice with braised fish tofu, tofu and minced pork	E-Fu noodles with assorted vegetable, mushroom and dried bean curd
24/10	Thu	Rice with diced chicken and vegetable	Fusilli with pork chop and tomato sauce	Rice with diced pork and mini bamboo shoots	Corn rice with braised vegetarian meat and vegetable
25/10	Fri	Rice with beef steak in garlic sauce	Spaghetti with pork burger and assorted vegetables	Brown rice with chicken pieces in onion sauce	Rice with stewed bean roll, turnips and parsley
28/10	Mon	Rice with fish fillet in tomato sauce	Spaghetti with beef and shredded mushroom	Red rice with pork tenderloin and steamed egg with corns	Red rice with dried bean curd, celery and mushroom
29/10	Tue	Rice with sesame and Grilled Teriyaki chicken pieces	Baked linguine with beef tenderloin in satay sauce (spicy)	Ten grain rice with sliced pork, mushroom and vegetable	Rice with egg and pineapple in tomato sauce
30/10	Wed	Rice with chicken steak and red kidney beans	Shanghai noodles with stewed shredded pork, enoki mushroom and carrots	Wheat rice with stewed chicken pieces and potato	Wheat rice with tofu, bean curd sheet and Chinese cabbage
31/10	Thu	Rice with steamed diced pork and potato	Macaroni with chicken and assorted vegetables	Brown rice with beef and gourd	Braised linguine with potato, kidney bean and eggplant in curry sauce(spicy)