



Shatin Public School

NOVEMBER, 2019

Date	Week	A	B	C	E
1/11	Fri	Rice with pork chop in herb sauce	Spaghetti with diced chicken and pineapple	Five grain rice with braised diced pork in curry sauce(spicy) ☞	Five grain rice with braised vegetarian duck and mushrooms, Chinese white fungus ☞
4/11	Mon	Rice with fish fillet and carrot ☞	Spaghetti with chicken and white mushroom ☞	Corn rice with patty in minced pork sauce	Corn rice with steamed egg, mushroom, carrot and gourd ☞☞
5/11	Tue	Rice with curry pork chop in rural style(spicy) ☞	Spaghetti with diced pork and mixed beans, vegetable	Ten grain rice with shredded chicken and gourd, winter bamboo shoot ☞	Rice with dried bean curd, mushroom and bean vermicelli ☞
6/11	Wed	Rice with pork burger in mushroom sauce ☞	Lo Mein (noodles) with sliced pork and turnip	Brown rice with steamed chicken and vegetable	Brown rice with tofu and mixed vegetarian meat ☞
7/11	Thu	Baked rice with pork chop in tomato sauce			
11/11	Mon	Rice with fish fillet in low fat cheese sauce ☞☞	Spaghetti with diced pork, corn and mushroom ☞	Ten grain rice with chicken and steamed egg with bean vermicelli ☞☞	Ten grain rice with grilled bean curd roll in pineapple sauce
12/11	Tue	Rice with pork chop in tomato sauce	Linguine with chicken in light black pepper sauce	Corn rice with beef, corn and vegetable ☞☞	Rice with braised vegetarian pork ball and bean curd sheet ☞
13/11	Wed	Rice with chicken and potato	Shanghai noodles with beef balls, mixed vegetables and Chinese cabbage ☞☞	Red rice with pork and onion ☞	Rice with braised vegetarian bean roll and mini bamboo shoots ☞
14/11	Thu	Rice with diced pork and vegetable ☞	Penne with chicken in beef sauce ☞	Brown rice with fish fillet, turnip and carrot ☞	Linguine with tofu, mushroom and corn ☞
15/11	Fri	Rice with chicken and mushroom sauce ☞	Spaghetti with pork chop and celery	Wheat rice with chicken pieces and Chinese black fungus ☞	Wheat rice with bean curd roll, Chinese cabbage and Chinese white fungus in soup
18/11	Mon	Rice with cuttlefish and fish fillet ☞☞	Udon with vegetable and sliced pork	Five grain rice with mushroom, vegetable and chicken steak ☞	Five grain rice with steamed egg, mushroom, tofu and turnips ☞☞
19/11	Tue	Rice with chicken pieces in tomato sauce	Spaghetti with minced beef and vegetable ☞	Brown rice with corn patty and bean curd sheet ☞	Rice with dried bean curd, mushroom and celery ☞
20/11	Wed	Rice with pork burger and mushroom ☞	Lo Mein (noodles) with chicken, assorted vegetables and mushroom ☞	Corn rice with bean curd sheet and diced pork, parsley	Corn rice with mini bamboo shoots, bean curd sheet and seasonal gourd ☞
21/11	Thu	Rice with chicken and potato	Macaroni with pork chop and chick peas	Red rice with fish tofu and eggplants ☞☞	Macaroni with assorted vegetables and kidney beans in black pepper sauce (spicy) ☞
22/11	Fri	Rice with pork chop and onion	Spaghetti with beef tenderloin in curry sauce (spicy)☞☞	Five grain rice with diced chicken and assorted vegetable	Rice with braised bean curd sheet and mixed mushroom ☞
25/11	Mon	Rice with fish fillet and corn ☞	Spaghetti with pork chop and red kidney beans	Brown rice with chicken in white mushroom and steamed egg with assorted vegetables ☞☞	Brown rice with vegetarian meat, Chinese black fungus and corn
26/11	Tue	Rice with pork chop in sweet and sour sauce	Twisty pasta with chicken pieces and vegetable	Wheat rice with bee, corn, turnip and carrot (spicy)☞☞	Rice with mushroom, vegetable and taro ☞
27/11	Wed	Rice with chicken and pineapple	Oat udon with pork chop and minced pork	Ten grain rice with diced pork and assorted vegetables in garlic sauce ☞	Oat udon with vegetables and bean curd sheet
28/11	Thu	Rice with diced pork and carrot	Macaroni with diced chicken and mixed mushroom ☞	Corn rice with sliced pork and mushroom ☞	Spaghetti with chick peas and mushroom, vegetable ☞