

## Shatin Public School (12/2018)

| Date  | Week | Meal A   | Meal B   | Meal C  | Meal D  |
|-------|------|--|--|---|---|
| 03/12 | Mon  | Pork Chop in Teriyaki Sauce w/Rice             | Chinese Melon and Minced Beef w/Pumpkin Rice                   | Fusilli with Shredded Chicken and Corn                | Rice Vermicelli with Hairy Cucumber, Black Fungus and Black Eye Beans |
| 04/12 | Tue  | Chicken and Mushroom in Cream Sauce w/ Rice    | Minced Pork, Chinese Wolfberries in Steamed Egg w/Oat Rice     | Shanghai Noodle with Beef and Celery                  | Chick Peas and Mixed Vegetables in Sweet Curry w/Rice                 |
| 05/12 | Wed  | Pork Chop in Tomato Sauce w/Rice               | Minced Beef in Oyster Sauce w/Brown Rice                       | E-fu Noodle with Shredded Chicken                     | Mushroom and Vegetables and Soya Beans w/Rice                         |
| 06/12 | Thu  | Chicken in Sweet Sour Sauce w/Rice             | Steamed Pork Patty and Pumpkin w/Red Rice                      | Twisty Pasta with Minced Beef , Pumpkin and Tomato    | Red Kidney Bean and Potato in Portuguese Sauce w/Rice                 |
| 07/12 | Fri  | Garlic & Beef in Honey Sauce w/Rice            | Braised Chicken and Potato w/Corn Rice                         | Rice Vermicelli with Straw Mushroom and Shredded Pork | Buddha's Delight with Black Eye Beans w/Rice                          |
| 10/12 | Mon  | Chicken Fillet in Lemongrass Lime Sauce w/Rice | Sliced Pork in Sweet Sour Sauce w/Pumpkin Rice                 | Spaghetti with Minced Beef in Tomato Sauce            | Udon with Vegetables and Soya Beans in Tomato Sauce                   |
| 11/12 | Tue  | Mixed Vegetables and Minced Beef w/ Rice       | Steamed Diced Chicken, Carrot and Shiitake Mushroom w/Oat Rice | Fried Noodle with Shredded Pork                       | Black Eye Beans and Vegetables w/Rice                                 |
| 12/12 | Wed  | Fish Fillet in Herb Cream Sauce w/ Rice        | Minced Beef and Braised Eggplant in Tomato Sauce w/Brown Rice  | Twisty Pasta with Shredded Chicken in Cream Sauce     | Rice Vermicelli with Red Kidney Beans and Vegetables                  |
| 13/12 | Thu  | Chicken in Low Fat Cheese Sauce w/Rice         | Mixed Mushroom and Steamed Pork Patty w/Red Rice               | Udon with Shredded Beef in Teriyaki Sauce             | Chinese Melon, Bean Vermicelli and Soya Beans w/ Rice                 |
| 14/12 | Fri  | Pork Chop in Mushroom Sauce w/Rice             | Beef and Potato in Portuguese Sauce w/Carrot Rice              | Fusilli with Braised Chicken and Pumpkin              | Udon with Shredded Egg and Vegetables                                 |
| 17/12 | Mon  | Chicken Fillet in Tomato Sauce w/Rice          | Pork and Mushroom in Cream Sauce w/Corn Rice                   | E-fu Noodle with Straw Mushroom and Beef              | Shiitake Mushroom, Vegetables and Black Eye Beans w/Rice              |
| 18/12 | Tue  | Beef and Tomato in Herb Sauce w/Rice           | Steamed Pumpkin And Sliced Pork w/Carrot Rice                  | Penne with Chicken in Cream Sauce                     | Assorted Vegetables and Soya Beans 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.**