

Shatin Public School (2/2019)

Date	Week	Meal A	Meal B	Meal C	Meal D
18-Feb	Mon	Pork Fillet in Onion Sauce w/Rice	Minced Beef and Potato in Tomato Onion Sauce w/Pumpkin Rice	Spaghetti with Chicken in Cream Mushroom Sauce	Chick Peas and Vegetable with E-fu Noodle
19-Feb	Tue	Taiwanese Minced Pork w/Rice	Steamed Black Fungus and Diced Chicken w/Carrot Rice	Rice Vermicelli with Straw Mushroom and Shredded Beef	Baked Beans in Tomato Sauce and Vegetables w/Rice
20-Feb	Wed	Pork Chop in Sweet & Sour Sauce w/Rice	Assorted Vegetables and Beef w/Oat Rice	Fusilli with Shredded Chicken in Herb Cream Sauce	Noodle with Vegetables and Chick Peas
21-Feb	Thu	Chicken in Mushroom Sauce w/Rice	Steamed Seafood(fish), Asparagus and Egg w/Corn Rice	Udon with Pork and Onion	Potato in Portuguese Sauce w/Red Kidney Beans Rice
22-Feb	Fri	Pork Fillet in Garlic Sauce w/Rice	Chicken in Low Fat Carbonara Sauce w/Red Rice	Twisty Pasta with Minced Beef	Rice Vermicelli with Soya Beans in Xiamen Style
25-Feb	Mon	Chicken Fillet in Tomato Sauce w/Rice	Minced Beef & King Oyster Mushrooms in Oyster Sauce w/Pumpkin Rice	Spaghetti with Shredded Pork and Vegetables	Buddha's Delight with Soya Beans w/Rice
26-Feb	Tue	Minced Beef in Tomato Sauce w/Rice	Corn & Diced Pork in Tomato Onion Sauce w/Red Rice	Rice Vermicelli with Mixed Vegetables and Shredded Chicken	Shiitake Mushroom and Bean Vermicelli in Steamed Egg w/Rice
27-Feb	Wed	Chicken Fillet in Lemongrass Lime Sauce w/Rice	Beef in Borscht Sauce w/Corn Rice	Penne with Diced Pork and Pumpkin	Rice Vermicelli with Red Kidney Beans and Vegetables
28-Feb	Thu	Fish Fillet in Tomato Sauce w/Rice	Braised Chicken and Potato w/Oat Rice	Udon with Minced Beef and Garlic	Assorted Vegetables and Black Eye 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.