

Shatin Public School (6/2019)

Date	Week	Meal A	Meal B	Meal C	Meal D
03/06	Mon	Chicken Fillet in Portuguese Sauce w/Rice	Minced Beef and Potato w/Pumpkin Rice	Rice Vermicelli with Pork and Mixed Vegetables	Mixed Mushroom and Red Kidney Bean w/Rice
04/06	Tue	Pork Fillet in Onion Sauce w/Rice	Chicken in Cream Sauce w/Oat Rice	Spaghetti with Shredded Beef and Vegetables	Mixed Mushroom and Soya Beans w/Rice
05/06	Wed	Chicken Fillet in Tomato Sauce w/Rice	Beef ,Straw Mushroom and Vegetables w/Carrot Rice	Fusilli with Pork Fillet in Corn Sauce	Udon with Mixed Vegetables and Chick Peas
06/06	Thu	Minced Beef in Tomato Mushroom Sauce w/Rice	Sliced Pork in Low Fat Portuguese Sauce w/Brown Rice	E-fu Noodle with Shredded Chicken	Mixed Vegetables in Steamed Egg w/Rice
10/06	Mon	Sliced Pork in Herb Tomato Sauce w/Rice	Steamed Chinese Wolfberries, Black Fungus and Diced Chicken w/Corn Rice	Twisty Pasta with Minced Beef and Vegetables in Sweet Curry Sauce	Rice Vermicelli with Vegetables and Egg in Xiamen Style
11/06	Tue	Chicken Fillet in Portuguese Sauce w/Rice	Braised Beef in Taiwan Style w/Oat Rice	Spaghetti with Shredded Pork and Celery	Hairy Cucumber, Bean Vermicelli and Soya Beans w/ Rice
12/06	Wed	Beef in Honey Garlic Sauce w/Rice	Steamed Pork Patty with Mixed Mushroom w/ Red Rice	Rice Vermicelli with Shredded Chicken	Red Kidney Bean in Pumpkin Sauce w/Rice
13/06	Thu	Fish Fillet in Tomato Sauce w/Rice	Mixed Spice and Minced Beef w/Quinoa Rice	Fusilli with Shredded Pork in Corn Cream Sauce	Noodle with Chick Peas and Celery
14/06	Fri	Pork Chop in Curry Sauce w/Rice	Braised Chicken and Potato w/Oat Rice	Udon with Beef in Teriyaki Sauce	Bean Curd in Corn Cream Sauce w/Rice
17/06	Mon	Beef in Mushroom Sauce w/ Rice	Steamed Seafood(fish), Asparagus and Egg w/Corn Rice	Fusilli with Sliced Pork in Carbonara Sauce	Udon with Red Kidney Bean and Assorted Vegetables
18/06	Tue	Pork Chop in Tomato Sauce w/Rice	Chicken in Low Fat Cheese Sauce w/Red Rice	Spaghetti with Beef and Onion	Mixed Mushroom, Bean Curd and Vegetables w/ Rice
21/06	Fri	Fish Fillet in Corn Sauce w/Rice	Diced Pork w/Brown Rice	Fusilli with Shredded Chicken in Tomato Sauce	Udon with Shredded Egg and Vegetables
24/06	Mon	Diced Pork in Sweet Curry Sauce w/Rice	Steamed Chicken, Carrot and Shiitake Mushroom w/Pumpkin Rice	Noodle with Shredded Beef and Vegetables	Buddha's Delight with Black Eye Beans w/Rice
25/06	Tue	Chicken Fillet in Soy Sauce w/Rice	Beef in Portuguese Sauce w/Red Rice	Twisty Pasta with Minced Pork and Eggplant	Rice Vermicelli with Hairy Cucumber , Chick Peas and Black Fungus
26/06	Wed	Minced Beef in Italian Tomato Sauce w/Rice	Diced Pork and Corn w/Oat Rice	Spaghetti with Shredded Egg and Vegetables	Shiitake Mushroom and Bean Vermicelli in Steamed Egg w/Rice
27/06	Thu	Pork Chop in Onion Sauce w/ Rice	Chicken and Potato in Curry Sauce w/Brown Rice	Shanghai Noodle with Shiitake Mushroom and Beef	Vegetables, Chinese Melon and Red Kidney Bean w/Rice
28/06	Fri	Minced Beef and Mushroom w/Rice	Steamed Sliced Pork and Corn w/Carrot Rice	Fusilli with Diced Chicken and Pumpkin	Rice Vermicelli with Shredded Egg and Zucchini

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.