

## Shatin Public School (4/2019)

<u>Date</u>	<u>Week</u>	<u>Meal A</u>	<u>Meal B</u>	<u>Meal C</u>	<u>Meal D</u>
01/04	Mon	Pork Fillet in Honey Sauce w/Rice	Minced Beef & King Oyster Mushrooms in Oyster Sauce w/Pumpkin Rice	Rice Vermicelli with Garlic & Shredded Chicken	Soy Knot,Corn and Vegetables w/Rice
02/04	Tue	Chicken in Cream Sauce w/Rice	Minced Pork and Bean Vermicelli in Steamed Egg w/Corn Rice	Spaghetti with Beef in Herb Tomato Sauce	Rice Vermicelli with Vegetables and Egg in Xiamen Style
03/04	Wed	Pork Fillet in Mix Mushroom Sauce w/Rice	Beef in Curry Sauce w/ Oat Rice	E-fu Noodle with Straw Mushroom and Shredded Chicken	Buddha's Delight with Black Eye Beans w/Rice
04/04	Thu	Fish Fillet in Corn Sauce w/Rice	Braised Chicken and Shiitake Mushroom w/ Red Rice	Udon with Mixed Vegetables and Shredded Pork	Vegetables in Portuguese Sauce w/Red Kidney Bean Rice
08/04	Mon	Burdock Patty in Low Fat Cheese Sauce w/Rice	Beef in Mushroom Sauce w/Carrot Rice	Spaghetti with Sliced Pork and Vegetables in Portuguese Sauce	Udon with Shredded Egg and Vegetables
09/04	Tue	Beef in Honey Garlic Sauce w/Rice	Steamed Pork Patty and Carrot w/Corn Rice	Twisty Pasta with Shredded Chicken in Tomato Sauce	E-fu Noodle with Red Kidney Beans and Straw Mushroom
10/04	Wed	Chicken Fillet in Vegetables Tomato Sauce w/Rice	Braised Shiitake Mushroom and Beef w/Red Rice	Rice Vermicelli with Pork and Mixed Vegetables	Veggie Burger Minced Meat in Tomato Sauce w/ Rice
11/04	Thu	Fish Fillet in Herb Cream Sauce w/ Rice	Chicken & King Oyster Mushrooms w/Pumpkin Rice	Udon with Shredded Beef	Chinese Melon, Bean Vermicelli and Soya Beans w/ Rice
12/04	Fri	Chicken Fillet in Mix Mushroom Sauce w/Rice	Beef in Borscht Sauce w/Oat Rice	Noodle with Shredded Pork and Vegetables	Baked Beans in Tomato Sauce and Vegetables w/Rice
26/04	Fri	Chicken in Low Fat Cream Sauce w/Rice	Taiwanese Minced Pork w/Carrot Rice	Spaghetti with Beef and Vegetables	Mixed Vegetables in Steamed Egg w/Rice
29/04	Mon	Pork Chop in Corn Cream Sauce w/Rice	Fresh Tomato and Beef w/Carrot Rice	Spaghetti with Shredded Chicken and Vegetables in Portuguese Sauce	Egg in Teriyaki Sauce and Assorted vegetables w/Udon
30/04	Tue	Chicken Fillet in Mushroom Sauce w/Rice	Diced Pork w/Brown Rice	Rice Vermicelli with Beef in Singapore Style	Chinese Melon, Bean Vermicelli and Soya Beans w/ Rice

- Notice :**
- Students need to order for a whole month.
  - 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.
  - Please return the right part of this lunch order form even you do not need to order meals.
  - All meals without board bean ingredients.
  - 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. \*

\*\* 8th April 2019 (Monday) has been designated to be "Super Green Monday" School Lunch Award, vegetarian food on that day, hope you will participate this event positively.\*\*

**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.**