

ST. JOHANNES COLLEGE  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of January.

Date	Menu
January 3, 2012	節瓜甘筍素肉飯 Fuzzy melon, carrot & vegetarian meat w/ rice
January 4, 2012	素八寶有機豆腐飯 Assorted vegetables & organic tofu w/ rice
January 5, 2012	鮮茄烩蛋飯 Fresh tomato & boiled egg w/ rice
January 6, 2012	紹菜粉絲炆粗齋飯 Tientsin cabbage, rice vermicelli & wheat gluten w/ rice
January 9, 2012	什菌粟米甘筍飯 Assorted mushroom, corn & carrot rice
January 10, 2012	羅漢齋有機豆腐飯 Buddha's delight & organic tofu w/ rice
January 11, 2012	鮮茄什菌薯仔飯 Fresh tomato, assorted mushroom and potato rice
January 12, 2012	雲南小瓜素肉飯 Yunnan melon & vegetarian meat w/ rice
January 13, 2012	什菌粟米蒸水蛋飯 Assorted mushroom & corn in steamed egg w/ rice
January 16, 2012	雲耳上素飯 Black fungus & assorted vegetables w/ rice
January 17, 2012	蓮藕茄子飯 Lotus root & eggplant w/ rice
January 18, 2012	粟米素肉粒飯 Corn & diced vegetarian meat w/ rice