

ST. JOHANNES COLLEGE  
(Kindergarten section)

Dear Parents,

Here is the vegetarian menu of December.

Date	Menu
December 1, 2011	羅漢上素飯 Buddha's delight w/ rice
December 2, 2011	茄子有機豆腐飯 Eggplant & organic tofu w/ rice
December 5, 2011	薯仔甘筍素肉飯 Potato, carrot & vegetarian meat w/ rice
December 6, 2011	花卷 + 什菜素肉臊米粉 Twisted roll + assorted vegetables & vegetarian minced meat w/ rice noodle
December 7, 2011	紅燒茄子飯 Grilled eggplant w/ rice
December 8, 2011	蓮藕炆齋飯 Lotus root & wheat gluten w/ rice
December 9, 2011	素八寶有機豆腐飯 Assorted vegetables & organic tofu w/ rice
December 12, 2011	紹菜炆齋飯 Tientsin cabbage & wheat gluten w/ rice
December 13, 2011	鮮茄素免治牛肉飯 Fresh tomato & vegetarian minced beef w/ rice
December 14, 2011	什菌有機豆腐蒸水蛋飯 Assorted mushroom & organic tofu in steamed egg w/ rice
December 15, 2011	節瓜炆齋飯 Fuzzy melon & wheat gluten w/ rice
December 16, 2011	鮮茄雞蛋粟米飯 Fresh tomato & egg w/ corn rice