新 5 餐 有 限 公 司 Give Me 5 Catering Limited

Ping Shek Estate Catholic Primary School (P.5- 6)

2012 February Lunchbox Order Form (P.5 - 6)

2012/Feb		MENU			Rice		P
2	Thu	Potato, carrot & diced chicken	With	Fish fillet/Italian tomato & onion sauce w/ rice	Corn rice	**Fruit**	Ⓟ
3	Fri	Fresh tomato & minced beef		Pork chop/onion sauce w/ rice	Vegetable rice		Ⓟ
6	Mon	Fresh tomato, assorted vegetables & sliced pork		Hainanese chicken fillet (skin removed) w/ rice	Red rice		Ⓟ
7	Tue	Tofu & diced chicken in steamed egg		Sweet curry(coconut milk free) pork chop w/ rice	Oat rice		Ⓟ
8	Wed	Fresh tomato & chicken		Potato & carrot w/ rice	Corn rice		Ⓟ
9	Thu	Sliced pork/pumpkin sauce		Fish fillet/Paris herb & white sauce w/ rice	Vegetable rice	**Fruit**	Ⓟ
10	Fri	Yam bean, water chestnut, carrot & diced pork		Grilled chicken fillet/garlic sauce w/ rice	Red rice		Ⓟ
13	Mon	Fuzzy melon & chicken		Fresh tomato & fish fillet w/ rice	Colorful rice		Ⓟ
14	Tue	Cauliflower & sliced pork		Chicken fillet/Italian herb & tomato sauce w/ rice	Corn rice		Ⓟ
15	Wed	Abalone mushroom, black fungus & chicken		Buddha's delight & organic tofu w/ rice	Oat rice		Ⓟ
16	Thu	Straw mushroom & sliced pork w/ vegetable rice		Fish fillet/broccoli & pumpkin sauce w/ rice	Vegetable rice	**Fruit**	Ⓟ
17	Fri	Minced beef & bean/Mexican tomato sauce w/		Chicken fillet/tomato sauce w/ rice	Colorful rice		Ⓟ
22	Wed	Cauliflower & chicken w/ vegetable rice		Pork/Spanish tomato sauce w/ rice	Vegetable rice		Ⓟ
23	Thu	Diced pork/carrot & pumpkin sauce w/ corn rice		Zucchini, black fungus & potato w/ rice	Corn rice		Ⓟ
24	Fri	Chicken/wild mushroom sauce w/ red rice		Onion & pork chop/sweet & sour sauce w/ rice	Red rice		Ⓟ
27	Mon	Zucchini & sliced pork w/ oat rice		Chicken fillet/tomato sauce w/ rice	Oat rice	**Fruit**	Ⓟ
28	Tue	Tofu & minced pork in steamed egg w/ corn rice		Onion & chicken fillet w/ rice	Corn rice		Ⓟ
29	Wed	Celery, carrot & chicken w/ red rice		Garlic & pork chop w/ rice	Red rice		Ⓟ