

Mary Rose School

MARCH, 2025

Date	Week	A	B	C	E
3/3	Mon	Fish fillet and carrot with rice 🍷🍷	Chicken in curry sauce with spaghetti (spicy)	Steamed egg with sweet corn, braised patty and mushroom with wheat rice 🍷🍷	Steamed egg with sweet corn, dried bean curd and chayote with wheat rice 🍷🍷
4/3	Tue	Meatballs and vegetable with rice	Pork chop in garlic sauce with fusilli	Diced chicken and mixed mushrooms with rice 🍷	Dried bean curd and vegetable in soup with brown rice 🍷
5/3	Wed	Chicken and assorted vegetables with rice	Sliced fish patty and cabbage in Japanese style, vegetable with spaghetti 🍷	Sliced pork and corn with five grain rice	Vegetarian roll, mixed mushrooms and fungus with five grain rice 🍷
6/3	Thu	Chicken fillet and onion in garlic sauce with rice	Mixed shredded meat and mushroom with spaghetti 🍷	Bean curd sheet and diced pork, parsley with corn rice	Red kidney beans and assorted vegetables in Portuguese sauce with braised fusilli 🍷
7/3	Fri	Diced beef in herb sauce with rice 🍷	Cherry tomatoes and pork chop with spaghetti	Braised chicken pieces and vegetable with ten grain rice	Corn, celery and tofu with rice 🍷
10/3	Mon	Fish fillet and onion in tomato sauce with rice 🍷	Braised diced chicken and mushroom with spaghetti 🍷	Braised meatballs with chayote, steamed egg with minced pork with corn rice 🍷	Mushroom, eggplant and dried bean curd with corn rice 🍷
11/3	Tue	Mushrooms and sliced pork with rice 🍷	Chicken and assorted vegetables with twisty pasta	Mushrooms with minced pork and diced potato with rice 🍷	Braised bean curd sheet, Chinese cabbage and mixed mushroom with red rice 🍷
12/3	Wed	Pork chop and mixed beans with rice	Mushroom and beef balls with Shanghai noodles 🍷🍷	Chicken, onion and pineapple with brown rice	Braised tofu and mushrooms with brown rice 🍷
13/3	Thu	Marinated egg with minced pork and eggplant with rice 🍷	Pork chop and mushrooms with conchiglie 🍷	Beef, corn, turnip and carrot with wheat rice (spicy) 🍷	Red kidney beans and assorted vegetables in curry sauce with braised spaghetti (spicy) 🍷🍷
14/3	Fri	Chicken fillet and fish patty with rice 🍷	Pork chop in herb sauce with spaghetti	Chinese black fungus and diced pork with ten grain rice 🍷	Mushroom and chick peas with tomato sauce with rice 🍷
17/3	Mon	Fish fillet in Portuguese style with rice 🍷	Carrot and chicken with spaghetti	Steamed egg with bean vermicelli, patty and vegetable with red rice 🍷🍷	Vegetable and dried mushrooms, steamed egg with bean vermicelli with red rice 🍷🍷
18/3	Tue	Beef in BBQ sauce with rice 🍷	Pork chop in tomato sauce with spaghetti	Chicken pieces and mushrooms with rice 🍷	Mixed bell peppers and dried bean curd with corn rice
19/3	Wed	Chicken fillet and pineapple with rice	Diced pork in Chinese herb sauces with noodles 🍷	Diced pork in curry sauce with wheat rice (spicy) 🍷	Assorted vegetables and bean curd roll with udon 🍷
20/3	Thu	Chicken fillet and tomatoes with rice	Cherry tomatoes in beef sauce with spaghetti 🍷	Shredded pork, fish patty and carrot with ten grain rice 🍷🍷	Braised chick peas, potato and mixed mushrooms with fusilli 🍷
21/3	Fri	Chicken pieces in sauce and vegetable with rice	Shredded pork and mushroom with twisty pasta 🍷	Sliced duck and mushroom in black pepper sauce with rice (spicy) 🍷	Bean curd sheet and sweet corn with five grain rice 🍷
24/3	Mon	Fish fillet and corn with rice 🍷	Pork chop in tomato sauce with spaghetti	Chicken, steamed egg and mushroom with five grain rice 🍷🍷	Bean curd roll, tomato and vegetable with five grain rice
25/3	Tue	Diced pork and mushroom with rice 🍷	Chicken fillet and mixed beans with macaroni	Beef and tomato with rice 🍷	Dried bean curd, mushroom and gourd with ten grain rice 🍷
26/3	Wed	Chicken and white mushroom with rice 🍷	Meatballs and assorted vegetables with Udon	Steamed chicken and mushroom with red rice 🍷	Eggplant and tofu with red rice
27/3	Thu	Pork chop in satay sauce with rice (spicy) 🍷	Chicken and sweet corn with spaghetti	Sautéed tofu, diced pork and vegetable with wheat rice 🍷	Chick peas, pumpkin and assorted vegetables with rice 🍷
28/3	Fri	Diced beef tenderloin in tomato sauce with rice 🍷	Chicken pieces and onion with twisty pasta	Shredded pork and mushroom with brown rice 🍷	Tofu and mixed mushrooms with rice 🍷
31/3	Mon	Pork chop and mushroom with rice 🍷	Chicken in tomato sauce with spaghetti	Egg with vegetables and patty with corn rice 🍷🍷	Egg with vegetables + mushroom and assorted vegetables in black pepper sauce with corn rice (spicy) 🍷🍷