

Mary Rose School

NOVEMBER, 2025

| Date | Week | A | B | C | E |
|-------|------|--|--|---|---|
| 3/11 | Mon | Fish fillet and pumpkin 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 |
| 4/11 | Tue | Pork in Korean style with rice | Chicken fillet in herb sauce with macaroni | Beef and tomato with rice 🍷 | Dried bean curd, mushroom and gourd with ten grain rice 🍷 |
| 5/11 | Wed | Chicken fillet and white mushroom with rice 🍷 | Diced pork and mushroom with Udon 🍷 | Patty and vegetable with red rice | Eggplant and tofu with red rice |
| 6/11 | 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 🍷 |
| 7/11 | Fri | Chicken pieces and onion with rice | Diced beef in tomato sauce with spaghetti 🍷 | Shredded pork and mushroom with brown rice 🍷 | Tofu and mixed mushrooms with rice 🍷 |
| 10/11 | Mon | Pork chop and mushroom with rice 🍷 | Chicken in tomato sauce with spaghetti | Steamed egg in Japanese style and patty with corn rice 🍷 | Steamed egg in Japanese style and mushrooms in black pepper sauce with corn rice (spicy) 🍷🍷 |
| 11/11 | Tue | Chicken and vegetable with rice | Pork chop in tomato sauce with conchiglie | Diced pork and corn with rice | Vegetarian meat and vegetable with wheat rice 🍷 |
| 12/11 | Wed | Chicken and carrot with rice | Corn and beef with noodles 🍷🍷 | Minced meat and sliced fish tofu with ten grain rice 🍷🍷 | Vegetable and dried bean curd with E-Fu noodles 🍷 |
| 13/11 | Thu | Seafood in curry sauce with rice (spicy) 🍷🍷 | Chicken fillet in beef sauce with spaghetti 🍷🍷 | Diced pork and corn with corn rice | Tofu, Chinese white fungus and mushroom with rice 🍷 |
| 14/11 | Fri | Pork chop in tomato sauce with rice | Beef in garlic sauce with spaghetti 🍷 | Chicken pieces in onion sauce with rice | Stewed bean roll, turnips and parsley with brown rice 🍷 |
| 17/11 | Mon | Fish fillet in tomato sauce with rice 🍷 | Chicken and mushroom with spaghetti 🍷 | Steamed egg with corn and pork chop with red rice 🍷 | Dried bean curd, celery and mushroom with red rice 🍷 |
| 18/11 | Tue | Teriyaki diced pork and onion with rice | Chicken pieces, corn and onion with macaroni | Beef balls and bean curd sheet with rice 🍷 | Bean curd roll and mushrooms, Chinese white fungus with brown rice 🍷 |
| 19/11 | Wed | Chicken fillet and red kidney beans with rice | Stewed shredded pork, enoki mushroom and carrots with shanghai noodles 🍷 | Stewed chicken pieces and potato with wheat rice | Tofu, bean curd sheet and Chinese cabbage with wheat rice 🍷 |
| 24/11 | Mon | Fish fillet and pineapple with rice 🍷 | Braised chicken pieces and white mushroom with spaghetti 🍷 | Steamed egg, patty and cabbage with corn rice 🍷 | Steamed egg, mushroom and gourd with corn rice 🍷🍷 |
| 25/11 | Tue | Chicken fillet and onion in sweet and sour sauce with rice | Pork chop in Portuguese style with spaghetti 🍷 | Diced beef and taro with rice 🍷 | Dried bean curd, mushroom and bean vermicelli with wheat rice 🍷 |
| 26/11 | Wed | Pork chop in tomato sauce with rice | Sliced pork and turnip with noodles | Grilled chicken fillet with brown rice | Tofu and mixed vegetarian meat with brown rice 🍷 |
| 27/11 | Thu | Pork chop in curry sauce with rice (spicy) 🍷 | Potato in beef sauce with twisty pasta 🍷 | Shredded chicken, celtuce and corn with ten grain rice 🍷 | Chick peas and potatoes with fusilli 🍷 |
| 28/11 | Fri | Diced chicken in tomato sauce with rice | Beef in Japanese style sauce with spaghetti 🍷 | Sliced pork and cabbage with red rice | Braised vegetable, potato and chick peas with rice 🍷🍷 |