

Kowloon Junior School - 2016 Apr Menu



Kowloon Junior School	
Apr 2016 Lunch Order Reply Slip	
Please select your choice A/B/C/D	
11	Mon
12	Tue
13	Wed
14	Thu
15	Fri
18	Mon
19	Tue
20	Wed
21	Thu
22	Fri
25	Mon
26	Tue
27	Wed
28	Thu
29	Fri

Date	A	B	C	D - Vegetarian	Fruit
11 Mon	西式紅汁雞球飯 Rice with Chicken in Savory Sauce (Western)	焗鮮茄菠蘿雞絲飯 Baked Shredded Chicken Rice with Pineapple in Fresh Tomato Sauce	粟米肉粒糙米飯 Brown Rice with Pork Dice in Sweet Corn Sauce	健康葡汁四蔬意粉 Spaghetti with Mixed Vegetables in Portuguese Sauce	Pineapple Cube
12 Tue	茄子肉松飯 Rice with Eggplant & Minced Pork	日式甜咖喱雞絲螺絲粉 Fusilli with Chicken in Sweet Curry Sauce	# 意大利薄餅 + 茄汁雜菜螺絲粉 Italian Pizza + Fusilli with Mixed Veg. in Tomato Sauce	茄汁甘筍豆腐飯 Rice with Bean Curd & Carrot in Tomato Sauce	
13 Wed	鮮茄薯蓉汁雞球飯 Rice with Chicken in Potato & Fresh Tomato Sauce	# 牛漢堡包 + 雜菜粒肉丁炒飯 # Beef Hamburger + Diced Pork Stirred Rice with Mixed Veg.	原盅南瓜蒸雞飯 Steamed Rice with Chicken Pumpkin	日式咖喱什菜意粉 Spaghetti with Assorted Vegetables in Sweet Curry Sauce	Watermelon Cube
14 Thu	蘿蔔雞球飯 Rice with Braised Chicken and White Turnip	韓醬汁燒魚粒意粉 Spaghetti with Grilled Fish in Akadashi Miso Sauce	粟米肉碎蒸蛋燕麥飯 Oats Rice with Steamed Egg with Corns & Minced Pork	南瓜蔬菜燴什菌飯 Rice with Pumpkin, Vegetables & Assorted Mushrooms	
15 Fri	回鍋肉片飯 Rice with Sauteed Sliced Pork in Sweet Yellow Bean Paste	# 熱狗 + 什菜魚餅 + 肉醬通粉(牛肉) # HotDog + Fish & Veg. Patty + Macaroni with Minced Beef	茄汁雜菜雞柳飯 Rice with Shredded Chicken and Mixed Veg. in Tomato Sauce	法式芝士鮮蔬飯 Rice with Vegetables in French Cheese Sauce	Hami Melon Cube
18 Mon	粟米汁燴海鮮闊條麵 Fettuccine with Seafood in Sweet Corn Sauce	鹵水雞腩飯 Rice with Drum Stick in Soy Sauce	鳳梨香菇肉飯 Rice with Marinated Pork, Mushroom & Pineapple	鮮茄燴什豆飯 Rice with Assorted Beans in Tomato Sauce	Honeydew Melon Cube
19 Tue	鮮茄牛肉球飯 Rice with Beef Ball in Fresh Tomato Sauce	雪菜燴雞絲米粉 Vermicelli with Shredded Chicken & Preserved Vegetable	金菇粉絲肉碎蒸蛋紅米飯 Red Rice with Steamed Egg with Minced Pork & Enoki Mushroom	甜咖喱荔芋南瓜紅腰豆飯(少辣) Rice with Taro Pumpkin and Red Kidney Beans Sweet Curry (Mild Spicy)	
20 Wed	豉椒肉片飯 Rice with Sliced Pork in Red Pepper & Black Bean Sauce	# 雞漢堡包 + 茄丁磨菇雜菜意粉 # Minced Chicken Burger + Spaghetti with Tomato, Mushroom & Assorted Vegetables	芋頭雞粒飯 Rice with Braised Taro and Chicken	白汁什菌飯 Rice with Mixed Mushroom in Cream Sauce	Apple
21 Thu	金菇銀芽燴肉絲飯 Rice with Braised Shredded Pork, Bean Sprout & Enoki Mushroom	南瓜汁雞扒通粉 Macaroni with Chicken Steak in Pumpkin Sauce	鮮蝦肉碎蒸蛋飯 Rice with Steamed Egg with Minced Pork & Shrimps	茄丁汁燴磨菇, 茄瓜, 蕃茄飯 Rice with Mushrooms, Eggplant & Tomato in Tomato Sauce	
22 Fri	磨菇雞丁炒飯 Fried Rice with Mushrooms and Chicken Dice	# 生煎包 + 魚肉燒賣 + 豉油什菜麵 # Pan Fried Stuffed Dumpling + Shaomai + Fried Noodle with Vegetable	洋蔥汁肉片蕙米飯 Barley Rice with Pork Slice in Onion Sauce	雲海扒豆腐飯 Rice with Tofu and Vegetables Medley	Hami Melon Cube
25 Mon	焗粟米汁雞球飯 Baked Chicken Rice in Sweet Corn Sauce	墨西哥肉醬意粉(高纖肉醬)(豬肉) Spaghetti Bolognese(Pork) with Red Kidney Bean in Mexican Style	甜酸雞球飯 Rice with Chicken, Fungus & Vegetables in Sweet & Sour Sauce	鮮茄什菜飯 Rice with Fresh Tomatoes and Assorted Vegetables	Pineapple Cube
26 Tue	杞子冬菇雞茸蒸蛋飯 Rice with Steamed Egg with Mushrooms, Medlar & Chicken	粟米雜菜汁魚粒意粉 Spaghetti with Assorted Veg. & Grilled Fish in Sweet Corn Sauce	滑蛋肉片紅米飯 Red Rice with Sliced Pork & Scrambled Egg	雜菜豆腐飯 Rice with Vegetables & Tofu	
27 Wed	南瓜肉醬飯(牛肉) Rice with Minced Beef & Pumpkin in Light Soya Sauce	# 雞漢堡 + 菠蘿肉丁提子炒飯 # Chicken Burger + Pineapple & Pork dice & Dried Grape Fried Rice	原盅蕃薯蜜汁蒸雞飯 Steamed Rice with Chicken & Sweet Potato	羅宋汁粟米什菇螺絲粉 Fusilli with Assorted Mushrooms & Corn in Borsch Sauce	Honeydew Melon Cube
28 Thu	什菌肉鬆蒸蛋飯 Rice with Steamed Egg with Minced Pork & Assorted Mushroom	白汁雞皇飯 Rice with Chicken in Creamy White Sauce	雞沙律三文治 Chicken Mayonnaise Sandwiches	茄丁汁闊條麵 + 法式焗什菜 Linguine in Tomato Sauce + Baked Vegetables in French Style	
29 Fri	甜咖喱汁雞扒飯 Rice with Chicken Steak in Sweet Curry Sauce	# 芝士豬柳漢堡包 + 茄汁粟米磨菇長通粉 # Pork Hamburger with Cheese + Penne with Sweet Corn & Mushroom in Tomato Sauce	八寶豆肉粒紅米飯 Red Rice with Mixed Beans and Pork Rice	甘筍汁南瓜飯 Rice with Pumpkin in Carrot Sauce	Watermelon Cube

Our menu uses boneless fish, but it is encouraged to be cautious when eating.

餐單採用去骨魚肉，但以防有殘留魚骨，同學亦應小心進食。

Food may contain egg. Students with egg allergy should not choose the menu.

此款食物含有蛋類成份，若對蛋類有敏感人士請勿選擇此款。

Caution: Food are produced on shared equipment that processes cereals containing gluten, crustacean, fish, eggs, peanuts, soy, milk, nut or traces of nut. For the sake of safety, students with food allergy are recommended not to order our lunchboxes.

注意：生產廠房將處理致敏食品(如：含有麩質的穀類，甲殼類動物製品，魚，蛋，花生，大豆，奶類，木堅果及堅果類製品)，為保障同學健康，我們建議患有任何食物過敏的同學自備午餐。

Food may contain pork.

此款食物含有豬肉

Food may contain beef.

此款食物含有牛肉

Smaller Portion

Apr 2016 Payment:

By Crossed Cheque payable to "Deli Fresh Limited": 15 days x HK\$30 = HK\$450.00

- Please deposit the cheque together with your order reply slip into the collection box at PTA Shop by 16/3/2016 - Noon.

- Late order will not be accepted.

- Deli Fresh will nominate meal "D" for any unclear selection.

- If choices do not match total paid, Deli Fresh representative will contact you for clarification. Please ensure contact details are completed in full.

Enquiry Hotline: 2116 2207 / 2116 2350

Fax: 2116 2675

E-mail Address: feedback@delifresh.com.hk

*For any order cancellation, please email to feedback@delifresh.com.hk or call 2116 2207/ 2116 2350 before 9:30am.

Student Full Name: _____

Class: _____

Contact Mobile No.: _____

Submission Deadline: 16/3/2016 - Noon

Payment Method:

HK\$30 x _____ days = HK\$ _____

Cheque (Bank: _____)

Cheque (No: _____)