

Kowloon Junior School - 2016 Jun Menu



| Date | A | B | C | D - Vegetarian | Fruit |
|--------|---|---|---|--|---------------------|
| 1 Wed | 薯仔免治雞肉飯 Rice with Chicken & Potato | 柱侯肉片飯 Rice with Sliced Pork & Vegetables in Chu Hou Sauce | 杞子冬菇雞茸蒸蛋飯 Rice with Steamed Egg with Mushrooms, Medlar & Chicken | 健康葡汁什菌螺絲粉 Fusilli with Assorted Mushrooms in Portuguese Sauce | Watermelon Cube |
| 2 Thu | 福建燴飯 Rice with Fukkien-style Braised Shrimp, Ham & Chicken Cube | 豉水雞腩飯 Rice with Soya-Sauce Chicken Leg | 糖醋燒魚粒 麥米飯 Wheat Rice with Grilled Fish in Sweet and Sour Sauce | 日式甜咖喱什菜飯 Rice with Assorted Veg. in Japanese Curry | |
| 3 Fri | 香蔥沙薑汁雞球飯 Rice with Braised Chicken & Onion | 英倫燴肉粒螺絲粉 Fusilli with Diced Pork in Tomato Sauce | # 什果雞丁薄餅 + 茄汁粟米蕃薯 Pizza w/ Chicken & Mixed Fruits + Mashed Potato Filled w/ Corn in Tomato Sauce | 粟米汁紅腰豆飯 Rice with Red Kidney Bean in Sweet Corn Sauce | Pineapple Cube |
| 6 Mon | 鮮茄菠蘿雞絲意粉 Spaghetti with Shredded Chicken & Pineapple in Tomato Sauce | 粟米魚粒飯 Rice with Fish in Sweet Corn Sauce | 豆腐肉絲飯 Rice with Shredded Pork & Beancurd | 香草什菌甘筍飯 Herbs and Carrot Rice with Mixed Mushroom | Honeydew Melon Cube |
| 7 Tue | 原盅蕃薯蜜汁蒸雞飯 Steamed Rice w/ Chicken & Sweet Potato | 白汁雞皇飯 Rice with Chicken à la king | 什菜燴肉絲麵 Noodle with Shredded Pork & Vegetables | 高纖八寶豆飯 Rice with Mixed High-Fiber Beans | |
| 8 Wed | 回鍋肉片紅米飯 Red Rice with Slice Pork in Sweet Yellow Bean Sauce | 茄汁雞球扭扭粉 Twisty Pasta with Chicken in Tomato Sauce | 粟米雞柳飯 Rice with Chicken in Sweet Corn Sauce | 田園菜燴豆腐飯 Rice with Braised Mixed Veg. & Bean Curd | Apple |
| 9 Thu | Dragon Boat Festival | | | | |
| 10 Fri | Continuous Professional Development Day for Teachers | | | | |
| 13 Mon | 焗鮮茄什豆雞粒飯 Baked Rice w/ Chicken Dice in Fresh Tomato Sauce | 揚州炒飯 Egg Fried Rice in Yeung-chow Style (Shrimp/ Veg. BBQ Pork) | 白汁燴雞絲意粉 Spaghetti with Shredded Chicken in White Cream Sauce | 粟米翠玉瓜香菇飯 Rice with Sweet Corn, Mushrooms & Courgette | Watermelon Cube |
| 14 Tue | 蛋沙律三文治 Egg Mayonnaise Sandwich | 金菇粉絲肉碎蒸蛋紅米飯 Red Rice with Steamed Egg w/ Minced Pork & Enoki Mushroom | 法式磨菇雞肉長通粉 Penne with Chicken & Mushroom in Creamy Sauce | 芝士汁燴四蔬飯 Rice with Assorted Vegetables in Cheese Sauce | |
| 15 Wed | 白汁燴雞絲飯 Rice with Shredded Chicken in Creamy White Sauce | # 熱狗包+雞翼翅+茄汁雞菜螺絲粉 # Hot Dog + Chicken Drumstick + Fusilli with Assorted Vegetables in Tomato Sauce | 滑蛋肉片飯 Rice with Sliced Pork & Scrambled Egg | 冬菇燴豆腐飯 Rice w/ Bean Curd & Mushroom | Hami Melon Cube |
| 16 Thu | 關東煮蓮藕肉片飯 Rice with Pork Slice & Lotus Root in Teriyaki Sauce | 白菌汁雞扒意粉 Spaghetti w/ Chicken Steak & Mushroom in Cream Sauce | 原盅豆卜蒸雞飯 Steamed Rice w/ Chicken & Bean Curd Puff | 甘筍汁南瓜飯 Rice with Pumpkin in Carrot Sauce | |
| 17 Fri | 菠蘿雞絲飯 Rice with Shredded Chicken & Pineapple | # 芝士漢堡包(牛)+磨菇茄汁焗豆扭扭粉 # Cheese Burger (Beef) + Twisty Pasta w/ Mushroom & Tomato Sauce | 西芹草菇魚鬆 蕪米飯 Barley Rice with Fish Floss, Celery & Mushroom | 葡式四蔬飯 Rice with Mixed Vegetables in Portuguese Sauce | Honeydew Melon Cube |
| 20 Mon | 鮮茄肉醬長通粉(牛) Bolognese Spaghetti with Fresh Tomato (Beef) | 鮮薑四季豆肉碎飯 Rice with Braised Minced Pork & Four Season Beans | 粟米雞粒 燴飯 Brown Rice with Chicken Dice in Sweet Corn Sauce | 磨菇百頁豆腐飯 Rice w/ Bean Curd and Mushrooms | Hami Melon Cube |
| 21 Tue | 洋葱汁雞扒通粉 Macaroni with Chicken Steak in Onion Sauce | 火雞三文治 Turkey Ham Sandwiches | 香菇肉碎蒸蛋飯 Rice with Steamed Egg w/ Mushroom & Minced Pork | 法式什菌菜飯 Rice with Assorted Vegetables & Mushrooms in Creamy Sauce | |
| 22 Wed | 香草燒汁魚粒飯 Rice with Fish in Herbs & Cream Sauce | # 雞漢堡包+七彩銀針粉 # Chicken Hamburger + Stirred Silver Pin Noodle with Shredded Pork | 原盅南瓜蒸雞飯 Steamed Rice w/ Chicken Pumpkin | 茄汁燴磨菇, 茄瓜, 蕃茄飯 Rice with Mushrooms, Eggplant & Tomato in Tomato Sauce | Apple |
| 23 Thu | 北菇肉片飯 Rice with Mushroom and Sliced Pork | 日式甜咖喱汁雞扒意粉 Spaghetti with Chicken Steak in Japanese Curry | 瑤柱肉鬆蒸蛋飯 Rice with Steamed Egg w/ Dried Scallop & Minced Pork | 雲海扒豆腐飯 Rice with Tofu and Vegetables Medley | |

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.

此款式食物含有蛋類成份，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.

此款式食物含有豬肉

Food may contain beef.

此款式食物含有牛肉

Smaller Portion

Jun 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 **18/5/2016 - 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.

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

Enquiry Hotline: 2116 2207 / 2116 2350

Fax: 2116 2675

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

Kowloon Junior School

Jun 2016 Lunch Order Reply Slip

Please select your choice A/B/C/D

| | | |
|----|-----|----------------------|
| 1 | Wed | |
| 2 | Thu | |
| 3 | Fri | |
| 6 | Mon | |
| 7 | Tue | |
| 8 | Wed | |
| 9 | Thu | Dragon Boat Festival |
| 10 | Fri | CPD Day |
| 13 | Mon | |
| 14 | Tue | |
| 15 | Wed | |
| 16 | Thu | |
| 17 | Fri | |
| 20 | Mon | |
| 21 | Tue | |
| 22 | Wed | |
| 23 | Thu | |

Student Full Name: _____

Class: _____

Contact Mobile No. : _____

Submission Deadline: 18/5/2016 - Noon

Payment Method :
HK\$30 x _____ days = HK\$ _____

Cheque (Bank: _____)

Cheque (No: _____)