

Kowloon Junior School - 2016 May Menu



Date	A	B	C	D - Vegetarian	Fruit
4 Wed	茄子冬菇肉粒 粟米飯 Wheat Rice with Pork & Mushroom with Eggplant	甘筍汁豬扒扭扭粉 Twisty Pasta with Pork Chop in Carrot Sauce	醬爆雞球飯 Rice with Stir-fried Chicken & Mushrooms in Sweet Bean Paste Sauce	粟米汁紅腰豆飯 Rice with Red Kidney Bean in Sweet Corn Sauce	Pineapple Cube
5 Thu	什菜肉絲燴米粉 Rice Vermicelli with Assorted Veg. and Sliced Pork	杞子冬菇雞茸蒸蛋飯 Rice with Steamed Egg with Mushrooms, Medlar & Chicken	韓式醬魚粒飯 Rice with Fish in Korean BBQ Sauce	腐竹什菌飯 Rice with Bean Curd Sheet & Assorted Mushroom	
6 Fri	原盅南瓜蒸雞飯 Steamed Rice w/ Chicken Pumpkin	鮮茄菠蘿雞絲螺絲粉 Fusilli with Shredded Chicken & Pineapple in Fresh Tomato Sauce	滑蛋肉片飯 Rice with Sliced Pork & Scrambled Egg	蘑菇百寶豆腐飯 Rice with Bean Curd and Mushrooms	Honeydew Melon Cube
9 Mon	韓式雜菜肉片 粟米飯 Sweet Corn Rice with Sliced Pork & Assorted Vegetables in Korean BBO Sauce	蘑菇汁雞扒意粉 Spaghetti with Chicken Steak in Mushroom Sauce	日式咖喱雞肉醬飯 Rice with Minced Chicken & Sweet Curry Sauce in Japanese Style	香草什菌甘筍飯 Rice with Mixed Mushroom in Creamy Carrot & Herbs Sauce	Hami Melon Cube
10 Tue	芝士汁火腿雞粒螺絲粉 Fusilli with Ham & Chicken Dice in Cheese Sauce	火雞三文治 Turkey Ham Sandwiches	鮮蝦肉碎蒸蛋飯 Rice with Steamed Egg with Minced Pork & Shrimps	南瓜鮮蔬菜什菌飯 Rice with Mixed Mushroom, Pumpkin & Mixed Veg	
11 Wed	甜咖喱薯仔肉片飯 Rice with Potato & Sliced Pork in Sweet Curry Sauce	#日式肉醬長扒包(豬肉)+茄丁雜菜通粉 # Japanese Minced Pork Bun + Macaroni with Mixed Vegetables in Tomato Sauce	原盅豆卜蒸雞飯 Steamed Rice w/ Chicken & Bean Curd Puff	白汁粟米什菇飯 Rice with Sweet Corn & Mixed Mushroom in Cream Sauce	Honey Pear
12 Thu	椰菜雞絲燴飯 Rice with Braised Shredded Chicken & Cabbage in Light Sova Sauce	蘑菇白汁豬扒意粉 Spaghetti with Pork Chop in White Cream Sauce with Mushroom	什菜粉絲肉鬆蒸蛋飯 Rice with Steamed Egg, Minced Pork, Assorted Vegetables & Glass Noodle	粟米翠玉瓜香菇飯 Rice with Sweet Corn, Mushrooms & Courgette	
13 Fri	鮮茄雞中翼飯 Rice with Chicken Wings in Fresh Tomato Sauce	#沙爹免治牛肉包+香菇雞菜三色飯 # Satay Minced Beef Bun + Healthy Rice with Mushroom & Assorted Veg.	洋蔥汁肉片飯 Rice with Pork Slice in Onion Sauce	芝士汁燴四蔬意粉 Spaghetti with Assorted Vegetable in Cheese Sauce	Watermelon Cube
16 Mon	甜咖喱燒魚粒飯 Rice with Grilled Fish in Sweet Curry Sauce	白汁蘑菇肉絲燴意粉 Spaghetti with Shredded Pork in Mushroom & Cream Sauce	西芹雞柳飯 Rice with Shredded Chicken with Celery in Light Soya Sauce	木耳燴豆腐飯 Rice with Tofu and Wood Fungus	Honeydew Melon Cube
17 Tue	豉油皇雞腩飯 Rice with Marinated Chicken Thigh	雞菌魚鬆豆腐米粉 Rice Vermicelli with Mushroom, Fish Meat and Bean Curd	粟火火腿肉碎碎蛋 燕麥飯 Oats Rice with Steamed Egg with Corns, Ham & Minced Pork	甘筍汁南瓜飯 Rice with Pumpkin in Carrot Sauce	
18 Wed	蘿蔔燴雞絲飯 Rice with Braised Shredded Chicken with Turnip	#千島雞包+蘑菇汁粟米通粉 # Thousand Island Sauce Chicken Bun + Macaroni with Corns in Mushroom Sauce	京醬肉絲飯 Rice with Shredded Pork in Tomato Sauce	素雜菜炒飯 Stirred Rice with Assorted Vegetables	Apple
19 Thu	蟹柳肉鬆蒸蛋飯 Rice with Steamed Egg with Pork Floss & Crab Stick	鮮茄肉醬長通粉(牛肉) Bolognese Spaghetti with Fresh Tomato (Beef)	#凱撒薄餅+火腿煙肉炒薯角 Caesar Pizza w/ Seafood + Potato Wedges w/ Ham & Bacon	粟米汁什菇飯 Rice with Assorted Mushroom in Sweet Corn Sauce	
20 Fri	白汁燴雞絲飯 Rice with Shredded Chicken in Cream Sauce	#雞扒包+茄丁蘑菇雞菜意粉 # Chicken Steak Bread + Spaghetti with Mushroom with Assorted Veg. in Tomato Sauce	冬菇蒸肉粒紅米飯(淡豉油汁) Red Rice with Steamed Pork Slice & Mushroom (Soya Bean Sauce)	茄汁什菜飯 Rice with Assorted Vegetables in Tomato Sauce	Pineapple Cube
23 Mon	韓醬薯仔肉粒飯 Rice with Pork Dice and Potato in Shiro Miso Sauce	焗白汁南瓜魚粒飯 Baked Fish Cube Rice with Pumpkin in White Creamy Sauce	高纖肉醬飯(紅腰豆, 粟米, 麥米, 豬肉) Rice with High-Fibre Bolognaise (Red Kidney Bean, Corn & Wheat, Pork)	日式甜咖喱什菜飯 Rice with Assorted Vegetables & Sweet Curry Sauce in Japanese Style	Watermelon Cube
24 Tue	台式蘑菇燻肉飯 Rice with Minced Pork & Mushroom in Taiwanese Style	健康葡汁雞皇意粉 Spaghetti with Chicken in Healthy Portuguese Sauce	蛋沙律三文治 Egg Mayonnaise Sandwich	法式什菌菜飯 Rice with Assorted Vegetables & Mushrooms in Creamy Sauce	
25 Wed	蘑菇汁雞扒飯 Rice with Chicken Steak in Mushroom Sauce	#芝士漢堡包(牛肉)+茄汁粟米蘑菇通粉 # Cheese Burger(Beef) + Sweet Corn & Macaroni with Mushroom in Tomato Sauce	雙菇燻肉片飯 Rice with Braised Sliced Pork & Mushrooms	白汁紅腰豆椰菜飯 Rice with Kidney Bean & Veg. in Cream Sauce	Hami Melon Cube
26 Thu	滑蛋雞絲飯 Rice with Shredded Chicken & Scrambled Egg	菠菜白汁燒魚粒意粉 Spaghetti with Grilled Fish in Spinach Sauce	香菇肉碎蒸蛋飯 Rice with Steamed Egg with Mushroom & Minced Pork	鮮什菌扒豆腐飯 Rice with Mixed Mushroom & Tofu	
27 Fri	雜菜燻牛柳飯 Rice with Shredded Beef and Assorted Vegetables	#雞扒包+蘑菇汁焗豆扭扭粉 # Chicken Steak Burger + Twisty Pasta with Mushrooms & Baked Beans	京都波羅肉粒 粟米飯 Wheat Rice with Pineapple & Pork in Sweet and Sour Sauce	葡式四蔬飯 Rice with Mixed Vegetables in Portuguese Sauce	Honeydew Melon Cube
30 Mon	雲川甜酸雞球飯 Rice with Chicken, Fungus & Vegetables in Sweet & Sour Sauce	香腸肉醬意粉(牛肉) Spaghetti Bolognaise with Minced Beef with Sausage	焗粟米汁雞球飯 Baked Chicken Rice in Sweet Corn Sauce	粟米冬菇燻豆腐飯 Rice with Braised Bean Curd & Mushrooms in Sweet Corn Sauce	Honeydew Melon Cube
31 Tue	甜咖喱薯仔免治牛肉飯 Rice with Minced Beef in Sweet Curry Sauce	三絲炒麵 Fried Noodle with Assorted Veg.	什菜肉餅蒸飯 Rice with Steamed Pork Meat Cake with Assorted Veg.	米蘭什菌配三色飯 Healthy Rice with Assorted Mushroom in Cream Sauce	

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

Kowloon Junior School		
May 2016 Lunch Order Reply Slip		
Please select your choice A/B/C/D		
4	Wed	
5	Thu	
6	Fri	
9	Mon	
10	Tue	
11	Wed	
12	Thu	
13	Fri	
16	Mon	
17	Tue	
18	Wed	
19	Thu	
20	Fri	
23	Mon	
24	Tue	
25	Wed	
26	Thu	
27	Fri	
30	Mon	
31	Tue	
Student Full Name: _____		
Class: _____		
Contact Mobile No.: _____		
Submission Deadline: 18/4/2016 - Noon		
Payment Method: HK\$30 x _____ days = HK\$ _____		
Cheque (Bank: _____)		
Cheque (No: _____)		

May 2016 Payment:

By Crossed Cheque payable to "Deli Fresh Limited": 20 days x HK\$30 = HK\$600.00

- Please deposit the cheque together with your order reply slip into the collection box at PTA Shop by **18/4/2016 - 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.