

Kowloon Junior School - 2016 Feb Menu



Date	A	B	C	D - Vegetarian	Fruit
1 Mon	上海粗炒 Noodle with Pork, Mushroom, Carrot & Cabbage in Shanghai Style	火腿三文治 Turkey Ham Sandwiches	八寶豆雞粒飯 Rice with Chicken & Mixed Beans	健康葡汁四蔬飯 Rice with Mixed Vegetable in Portuguese Sauce	Hami Melon Cube
2 Tue	白汁雞皇麥米飯 Wheat Rice with Chicken in Creamy White Sauce	香草汁豬扒配螺絲粉 Fusilli with Pork Chop in Herbs Sauce	粟米火腿肉碎蒸蛋飯 Rice with Steamed Egg with Corns, Ham & Minced Pork	冬菇燴西芹豆腐飯 Rice with Braised Bean Curd, Celery & Mushroom	
3 Wed	西芹草菇魚鬆飯 Rice with Fish Floss, Celery & Mushroom	洋蔥汁雞扒飯 Rice with Chicken Steak in Onion Sauce	磨菇肉醬紅米飯(豬肉) Red Rice with Minced Pork & Mushroom	咖喱什菜薯仔意粉 Spaghetti with vegetable and Potato in Curry Sauce	Watermelon Cube
4 Thu	黑椒汁雞扒惹粉(少辣) Spaghetti with Chicken Steak in Black Pepper Sauce (Mild Spicy)	金菇絲肉碎蒸蛋飯 Rice with Steamed Egg with Minced Pork & Enokl Mushroom	葡汁時蔬魚粒飯 Rice with Fish Cubes with Vegetable in Portuguese Sauce	西汁什菜飯 Rice with Assorted Vegetables in Tomato Sauce	
5 Fri	韓式雜菜肉片飯 Rice with Sliced Pork & Assorted Vegetables in Korean BBQ Sauce	磨菇肉醬飯(牛肉) Rice with Minced Beef and Mushroom	粟米雞粒意粉 Spaghetti with Diced Chicken & Sweet Corn	茄汁什豆飯 Rice with Mixed Beans in Tomato Sauce	Honeydew Melon Cube
8 Mon	Chinese New Year Holiday				
9 Tue					
10 Wed					
11 Thu					
12 Fri					
15 Mon	# 夏威夷薄餅+肉醬意粉(牛肉) # Hawaiian Pizza + Spaghetti Bolognese (Beef)	日式甜咖喱汁雞扒惹粉 Spaghetti with Chicken Steak in Sweet Curry Sauce	洋蔥汁肉片飯 Rice with Pork Slice in Onion Sauce	甘菊汁南瓜飯 Rice with Pumpkin in Carrot Sauce	Honeydew Melon Cube
16 Tue	什菜豆腐蒸蛋飯 Rice with Steamed Egg with Assorted Veg & Bean Curd	羅宋汁雞漢堡通粉 Penne with Chicken Patties in Borsch Sauce	鮮茄紅腰豆魚粒飯 Rice with Fish & Red Kidney Bean in Fresh Tomato Sauce	粟米什菜飯 Rice with Assorted Vegetables in Sweet Corn Sauce	
17 Wed	原盅豆卜蒸雞飯 Steamed Rice w/ Chicken & Bean Curd Puff	# 雞漢堡包+茄丁磨菇雜菜意粉 # Minced Chicken Burger + Spaghetti with Tomato, Mushroom & Assorted Vegetables	豆腐肉碎粟米飯 Sweet Corn Rice with Braised Minced Pork and Bean Curd	雲海扒豆腐飯 Rice with Tofu and Vegetables Medley	Banana
18 Thu	鮮蝦蟹柳豆腐蒸蛋飯 Rice with Steamed Egg with Bean Curd, Shrimp & Crab	茄丁肉醬伴雞(豬肉) Noodle with Braised Minced Pork in Tomato Sauce	泰式甜酸汁魚粒飯 Rice with Grilled Fish Cube in Thai Style	日式什菜撈飯 Rice with Mixed Vegetable in Japanese Style	
19 Fri	粟米汁雞扒麥米飯 Wheat Rice with Chicken Steak in Sweet Corn Sauce	# 洋蔥豬扒包+什菜炒麵 # Pork Chop Bun + Fried Noodle with Assorted Veg.	麻婆豆腐飯(不辣) Rice with Braised Minced Prok with Bean Curd	意式什菌撈珍珠飯 Pearl Rice with Mixed Mushrooms in Tomato Sauce	Hami Melon Cube
22 Mon	薯仔焗雞飯 Rice with Braised Chicken with Potato	香腸肉醬長通粉(牛肉) Penne with Chicken Sausage & Minced Pork	雞沙律三文治 Chicken Mayonnaise Sandwiches	南瓜鮮蔬菜飯 Rice with Pumpkin & Mixed Veg	Watermelon Cube
23 Tue	羅宋汁燻肉片飯 Rice with Braised Sliced Pork in Borsch Sauce	洋蔥汁雞絲燻意粉 Spaghetti with Shredded Chicken in Onion Sauce	原盅南瓜蒸雞飯 Steamed Rice w/ Chicken Pumpkin	茄汁豆什菜飯 Rice with Assorted Vegetables in Baked Tomato Beans	
24 Wed	滷水雞腩飯 Rice with Drum Stick in Soy Sauce	# 菠蘿漢堡包+肉醬意粉(牛肉) # Pineapple Burger + Spaghetti with Beef	鮮茄蔥肉片燻肉片飯 Rice with Sliced Pork & Pearl Barley in Fresh Tomato Sauce	粟米翠玉瓜鮮菇飯 Rice with Courgette, Corn & Mushroom	Pineapple Cube
25 Thu	西汁磨菇豬扒飯 Rice with Pork Chop & Mushrooms in Tomato Sauce	英式薯菜肉片螺絲粉 Fusilli with Sliced Pork with Assorted Veg. in Brown Sauce	杞子冬菇雞茸蒸蛋糯米飯 Wheat Rice with Steamed Egg with Mushrooms, Medlar & Chicken	白汁什豆飯 Rice with Mixed Beans in Creamy White Sauce	
26 Fri	鮮醬四季豆肉碎飯 Rice with Braised Minced Pork & Four Season Beans	# 芝士漢堡包(牛肉)+磨菇白貝殼粉 # Cheese & Beef Burger + Pasta Shells with Mushroom in White Cream Sauce	粟米肉粒紅米飯 Red Rice with Pork Dice in Corn Sauce	甜咖喱蒜茸南瓜紅腰豆飯(少辣) Rice with Taro Pumpkin and Red Kidney Beans Sweet Curry (Mild Spicy)	Honeydew Melon Cube
29 Mon	焗健康葡汁雞皇飯 Baked Chicken Rice w/ Healthy Portuguese Sauce	甜咖喱薯仔免治豬肉意粉 Spaghetti with Minced Pork & Potato in Sweet Curry Sauce	甘菊忌廉汁雞扒飯 Rice with Chicken Steak in Carrot Cream Sauce	蠔油汁粟米什菇飯 Rice with Sweet Corn & Mixed Mushroom in Oyster Sauce	Pineapple 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

Feb 2016 Payment:

By Crossed Cheque payable to "Deli Fresh Limited": 16 days x HK\$30 = HK\$480.00

- Please deposit the cheque together with your order reply slip into the collection box at PTA Shop by 19/1/2016 - 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.

Kowloon Junior School	
Feb 2016 Lunch Order Reply Slip	
Please select your choice A/B/C/D	
1	Mon
2	Tue
3	Wed
4	Thu
5	Fri
8	Mon
9	Tue
10	Wed
11	Thu
12	Fri
15	Mon
16	Tue
17	Wed
18	Thu
19	Fri
22	Mon
23	Tue
24	Wed
25	Thu
26	Fri
29	Mon

Chinese New Year Holiday

Student Full Name: _____

Class: _____

Contact Mobile No.: _____

Submission Deadline: 19/1/2016 - Noon

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

Cheque (Bank: _____)

Cheque (No: _____)