

Kowloon Junior School - 2015 Jun Menu



Date	A	B	C	D - Vegetarian	Fruit
1 Mon	柱侯肉片飯 Rice with Sliced Pork & Vegetables in Chu Hou Sauce	甘菊汁豬扒飯 Rice with Pork Chop in Creamy Carrot Sauce	鮮菇蘑菇雞球意粉 Spaghetti with Chicken & Mushrooms in Fresh Tomato Sauce	白汁什菌飯 Rice with Assorted Mushrooms in Creamy White Sauce	
2 Tue	京醬肉絲飯 Rice with Shredded Pork in Tomato Sauce	羅宋汁燴肉片意粉 Spaghetti with Sliced Pork in Borsch Sauce	茄子雞球飯 Rice with Chicken, Eggplant in Sweet Bean Paste Sauce	冬菇燴豆腐飯 Rice with Braised Bean Curd & Mushrooms in Oyster Sauce	Watermelon Cube
3 Wed	日式芝麻肉粒飯 Rice w/ Sesame & Pork Dice in Teriyaki Sauce	甘菊忌廉汁雞扒螺絲粉 Fusilli with Chicken Steak & Carrot in Creamy Sauce	蛋沙律三文治 Egg Mayonnaise Sandwich	葡式四蔬飯 Rice with Assorted Vegetables in Portuguese Sauce	
4 Thu	回鑊肉片飯 Rice with Sliced Pork in Sweet Bean Paste Sauce	揚州撈飯 Egg Stirred Rice in Yeung-chow Style (Shrimp/ Veg. BBQ Pork)	西芹雞柳粗蛋麵 Egg Noodle with Celery and Chicken	忌廉白汁蘑菇飯 Rice with Mushrooms in Creamy Sauce	Pineapple Cube
5 Fri	甜咖喱薯仔免治豬肉飯 Rice with Minced Pork & Potato in Japanese Sweet Curry Sauce	法式蘑菇雞肉長通粉 Penne with Chicken & Mushroom in Creamy Sauce	香菇肉碎蒸蛋飯 Rice with Steamed Egg w/ Mushroom & Minced Pork	什菜飯 Rice with Assorted Vegetables	
8 Mon	韓風牛肉撈飯 Stirred Rice with Beef & Yakniku Sauce	羅宋鮮竹墨魚卷飯 Rice w/ Cattle Fish Roll with Bean Curd Sheet in Borsch Sauce	鮮菇菠蘿雞絲飯 Rice with Braised Shredded Chicken & Pineapple in Fresh Tomato Sauce	白汁什菌意粉 Spaghetti with Assorted Mushroom in White Cream Sauce	
9 Tue	豉油皇雞腩飯 Rice with Marinated Chicken Thigh	上海粗炒 Shanghaiese Fried Noodle with Pork, Mushroom, Carrot and Cabbage	三文魚三文治 Salmon mayonnaise sandwiches	日式咖喱什菜飯 Rice w/ Vegetables in Curry Sauce	Hami Melon Cube
10 Wed	免治牛肉飯 Rice w/ Minced Beef	# 豬柳漢堡包+西撈飯 # Pork Burger+ Tomato Sauce Fried Rice with Ham & Chicken	西芹竹筴冬菇肉片飯 Rice with Sliced Pork, Celery, Mushroom & Bamboo Shoot	米蘭汁什菌螺絲粉 Fusilli with Assorted Mushroom in White Cream Sauce	
11 Thu	蘑菇白汁豬扒意粉 Spaghetti with Pork Chop in Mushroom & Cream Sauce	菠蘿咕嚕汁雞球飯 Rice with Braised Chicken and Pineapple in Sweet & Sour Sauce	粟米肉碎蒸蛋飯 Rice with Steamed Egg w/ Corns & Minced Pork	甘菊汁南瓜飯 Rice with Pumpkin in Carrot Sauce	Honeydew Melon Cube
12 Fri	韓江粉絲肉碎飯 Rice w/ Minced Pork in Light Soya Sauce	# 熱狗包+雞翼雞+茄汁雞菜螺絲粉 # Hot Dog + Chicken Drumstick + Fusilli with Assorted Vegetables in Tomato Sauce	家常豆腐雞飯 Rice with Braised Chicken & Tofu	蔬菜燴什菌飯 Rice with Vegetables & Assorted Mushrooms	
15 Mon	香蔥沙薑汁雞球飯 Rice with Braised Chicken & Onion	茄汁雞菜豬扒飯 Rice with Assorted Veg. and Pork Chop in Tomato Sauce	銀魚香菇肉碎蒸蛋紅米飯 Red Rice w/ Steamed Egg with Whitebait, Mushroom and Pork Dice	洋葱汁薯仔什菜麵 Noodle w/ Potatoes & Assorted Vegetables in Onion Sauce	
16 Tue	甜咖喱薯仔肉片飯 Rice w/ Sliced Pork and Potato in Sweet Curry Sauce	# 什果雞丁薄餅+茄汁粟米薯蓉 Pizza w/ Chicken & Mixed Fruits + Mashed Potato Filled w/ Corn in Tomato Sauce	柱侯草菇雞飯 Rice with Braised Chicken & Straw Mushroom in Light Soya Sauce	什菌燴豆腐飯 Rice with Tofu and Assorted Mushrooms	Hami Melon Cube
17 Wed	糖醋燒魚粒飯 Rice with Grilled Fish in Sweet and Sour Sauce	# 燒汁洋葱豬扒包+茄汁扭扭粉 # Pork Chop Bun with Onion + Twisty Pasta in Tomato Sauce	什菜粉絲肉鬆蒸蛋飯 Rice with Steamed Egg, Minced Pork, Assorted Vegetables & Glass Noodle	忌廉什菌飯 Rice with Assorted Mushrooms in Cream Sauce	
18 Thu	滑蛋肉片飯 Rice with Sliced Pork & Scrambled Egg	白菌汁雞扒意粉 Spaghetti w/ Chicken Steak in Creamy Fungus Sauce	香菇瑤柱肉碎節瓜腩飯 Rice w/ Braised Gourd and Mushroom, Dried Scallop & Minced Pork	西芹燴豆腐飯 Rice with Celery & Tofu	Watermelon Cube
19 Fri	薯仔免治雞肉飯 Rice with Chicken & Potato	# 熱狗包+煙雞肉腸+煙肉芝士汁扭扭粉 # Hotdog + Smoked Chicken Sausage + Cavatappi w/ Bacon in Cheese Sauce	關東煮蓮藕肉片飯 Rice with Pork Slice & Lotus Root in Teriyaki Sauce	咖喱什菜飯 Rice w/ Assorted Vegetables in Curry Sauce	
22 Mon	椰菜雞絲燴飯 Rice with Braised Chicken w/ Cabbage	葡汁什菜豬肉丸飯(健康葡汁) Rice with Pork Meat Ball & Mixed Veg. in Healthy Portuguese Sauce	什菜肉絲燴米粉 Rice Vermicelli w/ Assorted Veg. and Sliced Pork	粟米汁什菇飯 Rice with Assorted Mushroom in Sweet Corn Sauce	
23 Tue	鮮枝竹冬菇珠筍肉片飯 Rice with Sliced Pork, Carrot Wedge, Mushrooms & Fresh Bean Curd Sheet in Oyster Sauce	白汁雞皇飯 Rice with Chicken in Creamy White Sauce	火雞三文治 Turkey Ham Sandwiches	羅宋汁粟米什菇意粉 Spaghetti with Assorted Mushrooms & Sweet Corn in Borsch Sauce	Honeydew Melon Cube
24 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	銀芽肉絲飯 Rice with Shredded Pork & Bean Sprout	鮮茄燴豆腐什豆飯 Rice w/ Braised Tomatoes, Mixed Beans & Tofu	
25 Thu	甜咖喱肉丸飯 Rice with Pork Meat Balls in Sweet Curry Sauce	黑椒汁雞扒意粉(少辣) Spaghetti with Chicken Steak in Black Pepper Sauce (Mild Spicy)	什菜冬菇豆腐蒸蛋飯 Rice with Steamed Egg w/ Assorted Veg, Mushrooms & Tofu	京都什菜飯 Rice with Assorted Veg. in Sweet & Sour 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，木堅果及堅果類製成品)，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

Kowloon Junior School		
Jun 2015 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	

Student Full Name: _____

Class: _____

Contact Mobile No. : _____

Submission Deadline: 13/5/2015 - Noon

Payment Method : _____

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

Cheque (Bank: _____)

Cheque (No: _____)

Jun 2015 Payment:

By Crossed Cheque payable to "Deli Fresh Limited": 19 days x HK\$30 = HK\$570.00

- Please deposit the cheque together with your order reply slip into the collection box at PTA Shop by **13/5/2015 - 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