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|---|-------|---|-------|--|------|---|-------|
| <b>Pork</b>   |       | <b>Seafood</b>  |       | <b>Vegetable</b>   |      | <b>Bread, Cake &amp; Pastries</b>                   |       |
| A08 Steam Meat Cake with Duck Egg & Mushroom (* with fresh meat; serves 2)  | \$33  | D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal; serves 2)  | \$28  | E07 Assorted Vegetables in Pot with Fermented Red Bean Curd sauce (serves 2) | \$22 | P01 Tiramisu (1 1/2 lb)                             | \$135 |
| A53 Pork Shreds, Dried Shrimp, Bean Vermicelli & Suet Choi Pot (* with fresh meat; serves 2)  | \$27  | D19 Fish fillet, Deep-fried Tofu Puff, Bean Curd Stick Pot (serves 2)   | \$27  | E11 Hairy Marrow, Dried Shrimp & Bean Vermicelli in Pot (serves 2)           | \$24 | P02 Tiramisu (1/2 lb)                               | \$75  |
| A56 Ma Po Tofu (* with fresh meat; Lee Kum Kee sauce; serves 2)   | \$29  | D31 Teriyaki Sole fillet (Lee Kum Kee sauce; serves 2)  | \$24  | E13 Vegetarian Abalone slices with Chinese Lettuce (serves 2)                | \$27 | P03 New York Cheese Cake (1 1/2 lb)                 | \$135 |
| A71 Kin Yin Pig Spareribs with Pomelo & Honey sauce (serves 2)  | \$44  | D35 Fry Egg Tofu with Shrimp (Lee Kum Kee sauce; serves 2)  | \$39  | E30 Braise Assorted Mushrooms with Cabbage (serves 2)                        | \$22 | P04 New York Cheese Cake (1/2lb)                    | \$75  |
| A80 U.S.A. Pork, Blade-sliced (1/2 lb)  | \$30  | D47 Steam Sole fillet with Chilli & Garlic (Low-sugar Meal; serves 2)   | \$24  | E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli (serves 2)                  | \$19 | P05 Black Forest Cake (1 pound)                     | \$75  |
| A84 Steam Meatcake with Mushroom and Dried Squid in Water Lily leaf (* with fresh meat; serves 2)   | \$39  | D50 Stir-fry Shrimp with Loofah (Low-sugar Meal; serves 2)  | \$39  | E54 Braise Deep-fried Tofu Puff (serves 2)                                   | \$28 | P07 Fruit Cream Cake (1 pound)                      | \$75  |
| <b>Beef</b>   |       | <b>Soup</b>   |       | G01 Organic Choy Sum (Each half catty)                                       | \$15 | P09 Mango Cream Cake (1 pound)                      | \$95  |
| B03 Stir-fry Beef with Broccoli & Cauliflower (* with fresh meat; serves 2)   | \$38  | F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat; serves 4)   | \$48  | G02 Carrot (Each catty)  | \$9  | P40 Assorted Cookies Gift Box Set (Rectangle shape) | \$48  |
| B12 Shortribs in Black Pepper sauce (Lee Kum Kee sauce; serves 2)   | \$42  | F62 Red Carrot, Water Chestnut & Pig Lung Soup (Soup to Prevent Swine Flu) (* with fresh meat; for additional fresh meat, pls. enquire for price; serves 1)   | \$25  | G03 Onion (Each catty)   | \$9  | P41 Healthy 7-cereal bread (1 lb.)                  | \$13  |
| B19 Shortribs & Pineapple with Honey sauce (serves 2)   | \$44  | F64 Almonds, Dried Bok Choy & Pig Lung Soup (Soup to Prevent Swine Flu) (* with fresh meat; for additional fresh meat, pls. enquire for price; serves 1)  | \$25  | G04 Potato (Each catty)  | \$8  | P42 Sandwich bread (1 lb)                           | \$7   |
| B50 Canada Beef, Boneless, Sliced (1/2 lb)  | \$40  | F74 Pig Stomach with Pepper Soup (serves 4)   | \$49  | G05 Tomato (Each catty)  | \$9  | P43 Banana loaf cake                                | \$10  |
| B52 U.S.A. Angus Beef Ribeye Steak (10 oz.)   | \$79  | F76 Kamei Chicken with Dried Lily & Dates Soup (1 Chicken; serves 4)  | \$120 | G09 Chinese Lettuce (Each catty)   | \$9  | P44 Cheese Tart (4 pcs.)                            | \$26  |
| B53 U.S.A. Angus Beef Striploin Steak (10 oz.)  | \$79  | <b>Set Meal</b>   |       | G10 Baby Chinese Cabbage (Each pack)   | \$7  | For any other cakes, pls. enquire for price.        |       |
| B55 Stir-fry Beef with Peach in Thai style (* with fresh meat; serves 2)  | \$38  | Q27 Designated Set Meal - Shortribs & Pineapple with Honey sauce; Vegetarian Abalone slices with Chinese Lettuce; Kamei Chicken with Dried Lily & Dates Soup (1 Chicken) (serves 3-4)                         | \$180 | G16 Broccoli (Each catty)  | \$9  |   |       |
| B56 Pan-fry Beef Steak with Garlic (serves 2)   | \$48  | Q28 Easy Set Meal - Kin Yin Pig Spareribs with Pomelo & Honey sauce; Stir-fry Loofah with Qi Zi & Bean Vermicelli; Pig Stomach with Pepper Soup (serves 3-4)  | \$110 | G25 Sweet Corn (Each 2 cobs)   | \$9  |   |       |
| <b>Lamb</b>   |       | Q29 Healthy Set Meal - Steam Kamei Chicken with Mushroom (Half); Assorted Vegetables in Pot with Fermented Red Bean Curd sauce; Pork slices, Salted Egg & Hairy Marrow Soup * (* with fresh meat; serves 3-4) | \$123 | G28 Lettuce (Each pc.)   | \$8  |   |       |
| J02 Fry Lamb slices with Black Pepper sauce (Lee Kum Kee sauce; serves 2)   | \$49  | <b>Hot Pot/Barbecue pack</b>  |       | <b>Others</b>  |      |   |       |
| J11 Pan-fry New Zealand Lamb Chop with Side Dishes (U.S.A. Potato Wedge with Spice + Broccoli) (serves 2)   | \$58  | L01 Fatty Beef, Mixed Hot Pot in Japanese style (Lee Kum Kee soup base; serves 2-3)   | \$65  | R01 SUNKIST Orange (Each 4 pcs.)   | \$20 |   |       |
| J13 New Zealand Lamb, Sliced (1/2 lb)   | \$34  | L02 Fatty Beef, Chicken in Chinese Wine, Meat balls & Udon Mixed Hot Pot (Lee Kum Kee soup base; serves 2-3)  | \$88  | R02 FUJI Apple (Each 4 pcs.)   | \$20 |   |       |
| <b>Chicken</b>  |       | L03 Tomato, Vegetarian Hot Pot (Lee Kum Kee soup base; serves 2-3)  | \$56  | S01 Special Drink: Lemon Pearl Barley (600 ml)                               | \$14 |   |       |
| C04 Stir-fry Chicken with Peach (serves 2)  | \$28  | N01 CookEasy Barbecue Pack (Pork Chop, Chicken Wing, Vegetable, Meat balls; other items such as Lamb Rack, Rib Eye Steak can be added, pls. enquire for price; serves 2)                                      | \$58  | S02 Special Drink: Lemon Pearl Barley (330 ml)                               | \$8  |   |       |
| C26 Stir-fry Chicken with Broccoli & Cauliflower (serves 2)   | \$28  | N02 CookEasy Healthy Barbecue Pack (Pork jowl meat, Chicken kebab, Vegetable, Meat balls; other items such as Lamb Rack, Rib Eye Steak can be added, pls. enquire for price; serves 2)                        | \$79  |  |      |   |       |
| C27 Teriyaki Chicken (Lee Kum Kee sauce; serves 2)  | \$28  |   |       |  |      |   |       |
| C61 Steam Kamei Chicken with Water Lily leaf (Half)   | \$60  |   |       |  |      |   |       |
| C67 Steam Kamei Chicken with Mushroom (Half)  | \$60  |   |       |  |      |   |       |
| H01 Kamei Chicken (Each weigh approx. 2 catties, cleaned; cut-up service available.) (Pls. specify if cut-up service is needed.) (Original Price HK\$150) | \$130 |   |       |  |      |   |       |
| H03 Kamei Chicken (Whole) + Steam Kamei Chicken with Water Lily leaf (Half) (Original Price HK\$210)  | \$150 |   |       |  |      |   |       |
| H06 Kamei Chicken (Whole) + Steam Kamei Chicken with Mushroom (Half) (Original Price HK\$210)   | \$150 |   |       |  |      |   |       |

**Noodle**

K01 Stir-fry Udon with Beef (\* \$39  
with fresh meat; serves 2-3)

K04 Pork shreds & Suet Choi \$33  
Noodles in Soup (\* with fresh  
meat; serves 2)

Food manufactured by: Tung Wah Group  
of Hospitals - CookEasy

Menu designed by: Towngas Cooking  
Centre

- \* Dishes marked with an asterisk are prepared with fresh meat.
- # Dishes marked with a hash are prepared with chilled chicken.
- 'Good Farmer' brand vegetables, produced by farms accredited by the Agriculture, Fisheries and Conservation Department are used to prepare most of our dishes.
- "Lee Kun Kee" sauces are used to prepare some of our dishes.



**CookEasy 01/10 Menu 精選菜式 & Order Form**  
(2010-01-01 - 2010-01-31)

<http://cookeasy.tungwahcsd.org>

**Terms and Conditions**

Delivery charge:

Residential members

Free delivery service. Membership must be registered by a representative in the name of the estate.

Corporate members

Free delivery service. Membership must be registered by a representative in the name of the corporation.

Individual

customers/members:

HK Island - Free delivery service for order of HK\$250 or more. Delivery charge of HK\$30 applies for order less than HK\$250.

Kowloon - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$45 applies for order less than HK\$400.

N.T. - Free delivery service for order of HK\$400 or more. Delivery charge of HK\$50 applies for order less than HK\$400.

Delivery time:

12:00 pm - 6:30 pm Monday to Friday

12:00 pm - 5:30 pm Saturday (except public holidays)

Order cut-off time: Pls. order at/before 10:00 am for same day delivery.

Service areas:

HK Island

Kowloon--Kowloon City, Kwun Tong, Sham Shui Po, Wong Tai Sin, Yau Tsim Mong

N.T.---Kwai Chung, Tseung Kwan O, Shatin, Tsuen Wan (except Ma Wan Island, Lantau Island)

Payment methods: Cash or Cheque on delivery (pls. make cheque payable to 'Tung Wah Group of Hospitals').

Remarks: Delivery service will be suspended when Typhoon Signal no. 8 or above, or 'Black' Rainstorm Signal is hoisted. Customers will be notified of the arrangement.

Name:

Mobile Phone no.:

Membership:  No  Yes

pls. state individual member/estate name (for residential members)/corporation name (for corporate members)

Email address:

Order date:

Delivery address:

Order: Pls. state item no., qty. and your requested delivery date.

|                |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|----------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Item No.:      |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Qty.:          |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Delivery date: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

- Pls. fax completed order form to 2553 2975
- Tel: 2870 9214
- Office hour: 9:00 am - 5:00 pm Monday to Friday  
9:00 am - 12:00 pm Saturday  
(except public holidays)
- Email: [admincookeasy@tungwahjrc.org.hk](mailto:admincookeasy@tungwahjrc.org.hk)

