

Pork		Seafood		Vegetable		Bread, Cake & Pastries	
A05 Steam Meatcake with Mushroom & Dried Squid (* with fresh meat; serves 2)	\$36	D17 Stir-fried Prawns with Broccoli & Garlic	\$48	E08 Pumpkin & Bean Vermicelli in Pot with Garlic	\$28	P01 Tiramisu (1 1/2 lb)	\$135
A101 Steamed Meat Cake with Preserved Vegetable & Lily Leaf (Serves 2)	\$36	D18 Steamed Sole fillet with Garlic & Chili	\$29	E13 Vegetarian Abalone slices with Chinese Lettuce (serves 2)	\$32	P02 Tiramisu (1/2 lb)	\$75
A102 Zhenjiang Ribs (serves 4)	\$88	D31 Teriyaki Sole fillet (Lee Kum Kee sauce; serves 2)	\$29	E20 Stir-fry Mushroom with Black Fungus & Loofah (serves 2)	\$26	P03 New York Cheese Cake (1 1/2 lb)	\$135
A103 Stir-fry Beef with Kimchi in Korean Style (serves 2)	\$30	D40 Stir-fry Shrimp with Chili sauce (Lee Kum Kee sauce; serves 2)	\$48	E22 Stir-fry Assorted Vegetables (Low-sugar Meal) (serves 2)	\$22	P04 New York Cheese Cake (1/2lb)	\$75
A11 Steamed Meat Cake with Preserved Vegetable (* with fresh meat)	\$35	D56 Stir-fry Shrimp meat with Cucumber & Fresh Mushroom	\$45	E28 Stir-fry fresh Mushroom with Sweet Peas (serves 2)	\$37	P05 Black Forest Cake (1 pound)	\$75
A24 Pan-fry Meatcake with Pumpkin (* with fresh meat; serves 2)	\$36	D63 Stem Sole Fillet With Water Lily Leaf (serves 2)	\$32	E39 Steam Pumpkin with Lily	\$39	P07 Fruit Cream Cake (1 pound)	\$75
A27 Stir-fry Kidney Bean & minced Pork with Black Pepper (* with fresh meat)	\$35	D64 Norwegian Salmon Steak (10oz)	\$45	E51 Stir-fry Assorted Mushrooms with Bean Curd Stick and Qi Zi	\$35	P09 Mango Cream Cake (1 pound)	\$95
A45 Steam Spareribs with Soybean sauce (* with fresh meat)	\$38	Soup		G01 Organic Choy Sum (Each half catty)	\$16	P40 Assorted Cookies Gift Box Set (Rectangle shape)	\$48
A80 U.S.A. Pork, Blade-sliced (1/2 lb)	\$34	F02 Pork, Winter Melon & Seaweed Soup (* with fresh meat; serves 4)	\$42	G03 Onion (Each catty)	\$9	P41 Healthy 7-cereal bread (1 lb.)	\$13
A82 Pork & Fungus Bean Curd Sheet rolls (* with fresh meat; serves 2)	\$38	F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat; serves 4)	\$42	G04 Potato (Each catty)	\$8	P42 Sandwich bread (1 lb)	\$7
Beef		F19 Pork slices & Winter Melon Soup (* with fresh meat; serves 4)	\$38	G05 Tomato (Each catty)	\$9	P43 Banana loaf cake	\$10
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$49	F23 Pork Shank, Old Cucumber & Adzuki Bean Soup (* with fresh meat; serves 4)	\$49	G09 Chinese Lettuce (Each catty)	\$14	P44 Cheese Tart (4 pcs.)	\$26
B09 Fry Shortribs with Garlic	\$49	F29 Pork Shank, Carrot & Corn Soup (* with fresh meat; serves 4)	\$49	G10 Baby Chinese Cabbage (Each pack)	\$7	P48 Crunchy Cheese Bread Stick (8 pieces)	\$14
B50 Canada Beef, Boneless, Sliced (1/2 lb)	\$45	F46 Nutritious Mixed Vegetables Soup (serves 4)	\$28	G12 Chinese Dwarf White Cabbage (Each catty)	\$14	P49 Chocolate Brownie (20 pieces)	\$180
B52 U.S.A. Angus Beef Ribeye Steak (10 oz.)	\$79	F83 Ching Po Leung (Chinese Herbs) with Fresh Pork Shank Soup* (serves 4)	\$49	G16 Broccoli (Each catty)	\$11	P50 Fresh Vanilla Cheese Cake (1 lb)	\$120
B53 U.S.A. Angus Beef Striploin Steak (10 oz.)	\$79	Set Meal		G23 Jade Melon (Each catty)	\$12	For any other cakes, pls. enquire for price.	
B57 Stir-fry shortribs with fresh Pineapple & Courgette (serves 2)	\$49	Q49 Mid-Autume Festival Meal Set - Zhenjiang Ribs, Stir-fried Prawns with Broccoli & Garlic, Vegetarian Abalone slices with Chinese Lettuce, Sea Conconut, Lily Kamei Chicken Soup (Serves 4-6)	\$238	G25 Sweet Corn (Each 2 cobs)	\$9		
B62 Stir-fry Beef dice with Garlic & Stuffed Mushroom (serves 2)	\$47	Q50 Healthy Set Meal - Stir-fried Chicken with Celery & Cashew Nuts, Stir-fry Mushroom with Black Fungus & Loofah, Pork slices, Salted Egg & Hairy Marrow Soup (serves 4)	\$93	G27 Green Cabbage (Each pc.)	\$7		
B63 Stir-fry Beef with Cucumber & Garlic (serves 2)	\$42	Q51 Easy Set - Stir-fry Chicken with Peach, Steam Meatcake with Mushroom & Dried Squid (* with fresh meat), Steamed Sole fillet with Garlic & Chili (serves 4)	\$89	G28 Lettuce (Each pc.)	\$13		
B64 Patties with Stuffed Mushroom & fresh Tomato (serves 2)	\$49	Hot Pot/Barbecue pack		G34 Chinese Cabbage (Each Catty)	\$8		
Lamb		L01 Fatty Beef, Mixed Hot Pot in Japanese style (Lee Kum Kee soup base; serves 2-3)	\$65	Others			
J05 Rosemary Lamb Chop (serves 2)	\$59	L02 Fatty Beef, Chicken in Chinese Wine, Meat balls & Udon Mixed Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$88	R01 SUNKIST Orange (Each 4 pcs.)	\$20		
J11 Pan-fry New Zealand Lamb Chop with Side Dishes (U.S.A. Potato Wedge with Spice + Broccoli) (serves 2)	\$59	L03 Tomato, Vegetarian Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$56	R12 SUNKIST Lemon (Each 4 pcs)	\$10		
J13 New Zealand Lamb, Sliced (1/2 lb)	\$40	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	S01 Special Drink: Lemon Pearl Barley (600 ml)	\$15		
Chicken		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.	\$79	S02 Special Drink: Lemon Pearl Barley (330 ml)	\$9		
C04 Stir-fry Chicken with Peach (serves 2)	\$29						
C10 Stir-fried Chicken with Celery & Cashew Nuts	\$29						
C28 Stir-fried Chicken Wing with Lemongrass & Honey (serves 2)	\$38						
C40 Stir-fried Chicken with Cucumber & Black Fungus	\$29						
C61 Steam Kamei Chicken with Water Lily leaf (Half)	\$70						
C83 Steam Kamei Chicken with Chinese Cabbage & Sweet Potato Noodles (Half)	\$70						
H01 Kamei Chicken (Each weigh approx. 2 catties, cleaned; cut-up service available.) (Pls. specify if	\$130						

cut-up service is needed.)
(Original Price HK\$150)

enquire for price; serves 2)

H03 Kamei Chicken (Whole) + \$160
Steam Kamei Chicken with Water
Lily leaf (Half) (Original Price
HK\$218)

Noodle

K11 Silver Needle Noodle in \$39
Hometown style (* with fresh
meat; serves 2-3)

H11 Kamei Chicken (Whole) + \$160
Steam Kamei Chicken with
Chinese Cabbage & Sweet Potato
Noodles (Half) (Original Price
HK\$228)

K17 Stir-fry Udon with Seafood \$39
in Japanese Style (serves 3-4)

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 09/10 Menu 精選菜式 & Order Form (2010-09-01 - 2010-09-30)

<http://cookeasy.tungwahcso.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

