

Pork		Seafood		Vegetable		Bread, Cake & Pastries	
A02 Spareribs with Pomelo & Honey Sauce (* with fresh meat)	\$42	D03 Pan-fry Sole fillet with Herbs in Lime sauce (serves 2)	\$38	E05 Vegetarian Curry with Pumpkin	\$35	P01 Tiramisu (1 1/2 lb)	\$185
A04 Thai Sweet & Sour Pork with Fresh Mango (* with fresh meat)	\$50	D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$38	E08 Pumpkin & Bean Vermicelli in Pot with Garlic	\$38	P02 Tiramisu (1 lb)	\$125
A06 Pork Chop with Chinese Five Spices (* with fresh meat)	\$48	D08 Pan-fried stuffed Green Pepper, Eggplant & Mushroom	\$38	E10 Assorted Mushrooms & Celery Cabbage in Pot	\$38	P04 New York Cheese Cake (1 1/2 lb)	\$185
A08 Steam Meat Cake with Duck Egg & Mushroom (* with fresh meat; serves 2)	\$38	D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal; serves 2)	\$42	E11 Hairy Marrow, Dried Shrimp & Bean Vermicelli in Pot (serves 2)	\$38	P07 Black Forest Cake (1 pound)	\$105
A102 Zhenjiang Ribs (serves 4)	\$58	D13 Braise Fish fillet with assorted Mushrooms (serves 2)	\$38	E13 Vegetarian Abalone slices with Chinese Lettuce (serves 2)	\$38	P11 Mango Cream Cake (1 pound)	\$115
A11 Steamed Meat Cake with Preserved Vegetable (* with fresh meat)	\$40	D22 Stir-fry Fish fillet with Chili sauce (Lee Kum Kee sauce; serves 2)	\$38	E14 Stewed Assorted Mushrooms with Tofu	\$38	P41 Healthy 7-cereal bread (1 lb.)	\$20
A12 Meatball with Vegetable in Shanghainese style (* with fresh meat)	\$43	D24 Sole fillet with Loofah & Lilly (serves 2)	\$44	E16 Stir-fried Assorted Vegetables in Japanese style	\$38	P43 Banana loaf cake	\$18
A122 Stir Fried Green Soy Beans with Pork Mince	\$46	D26 Stir-fried Fish fillet with fresh Tomato in Tomato sauce	\$38	E22 Stir-fry Assorted Vegetables (Low-sugar Meal) (serves 2)	\$42		
A124 Stir-fry Kurobuta Pork with Green House Cucumber	\$69	D43 Steam Sole fillet with Qi Zi & Bean Bermicelli (serves 2)	\$39	E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus (serves 2)	\$42		
A128 Fried Mincemeat with Eggplant in Thai Basil *	\$45	D44 Steam Loofah with Whitebait (serves 2)	\$38	E49 Stir-fry Burdock with Assorted Vegetables (High-fibre Meal; serves 2)	\$46		
A131 Pork Sausages	\$35	D47 Steam Sole fillet with Chilli & Garlic (Low-sugar Meal; serves 2)	\$38	E52 Stir-fry Burdock with Sesame	\$42		
A132 Pork ball	\$32	D63 Stem Sole Fillet With Water Lily Leaf (serves 2)	\$35	E54 Braise Deep-fried Tofu Puff (serves 2)	\$38		
A20 Braised Pork Chop with Fresh Pineapple & Apple (* with fresh meat)	\$52	D83 Steam Monkshood Fish in Black Bean Sauce *	\$79	E76 Vegetarian Abalone slices with Jade Melon	\$38		
A22 Stewed Hairy Marrow with Mushroom & Pork shreds (* with fresh meat)	\$42	D84 Steamed Yeung's Grey mullet with Thai source. *	\$79	E77 Stir-fried Vegetarian chicken with peach & Thai source	\$38		
A27 Stir-fry Kidney Bean & minced Pork with Black Pepper (* with fresh meat)	\$44	D89 Sweet soybean paste with plum steamed local organic Striped Mullet	\$79	G02 Carrot (Each catty)	\$10		
A33 Fried Shortribs with fresh Pineapple in Peking style (* with fresh meat)	\$52			G03 Onion (Each catty)	\$12		
A35 Stir-fry Pork slices & Lotus Root with XO sauce (* with fresh meat; serves 2)	\$42	Soup		G05 Tomato (Each catty)	\$10		
A36 Spareribs spiced with dried Tangerine peel (* with fresh meat)	\$50	F10 Pork slices, Salted Egg & Hairy Marrow Soup (* with fresh meat; serves 4)	\$52	G08 Pumpkin (Each catty)	\$13		
A46 Stir-fry Bean Vermicelli with minced Pork (* with fresh meat; Lee Kum Kee sauce)	\$36	F108 Ka Mei Chicken soup with fresh coconut...	\$98	G14 Choy Sum (Each catty)	\$19		
A48 Eggplant with Pork in Sichuan style (* with fresh meat; Lee Kum Kee sauce)	\$42	F111 Soup with Sweet Corn, Carrot, Burdock and Pork.	\$78	G15 Kale (Each catty)	\$19		
A56 Ma Po Tofu (* with fresh meat; Lee Kum Kee sauce; serves 2)	\$40	F113 Ka Mei Chicken soup with...	\$69	G17 Cauliflower (Each catty)	\$12		
A66 Stir-fry Pork shreds with High-fibre Assorted Vegetables (Low-sugar Meal) (* with fresh meat; serves 2)	\$38	F120 Five-fruit Soup (apple, figs, luo han guo, loquat lwaves, long li ye)	\$48	G25 Sweet Corn (Each 2 cobs)	\$12		
A82 Pork & Fungus Bean Curd Sheet rolls (* with fresh meat; serves 2)	\$40	F17 Seafood, Tomato & Assorted Vegetables Soup (serves 4)	\$42	G27 Green Cabbage (Each pc.)	\$10		
A89 Steam Meat Cake with Oatmeal & Mushroom* (serves 2) (low Cholesterol)	\$38	F23 Pork Shank, Old Cucumber & Adzuki Bean Soup (* with fresh meat; serves 4)	\$78				
		F33 Pork Shank, Lotus Root & Dried Octopus Soup (* with fresh meat; serves 4)	\$78	Others			
		F45 Pork Shank, Sweet & Bitter Apricot Kernels & Apple Soup (* with fresh meat; serves 4)	\$78	S01 Special Drink: Lemon Pearl Barley (600 ml)	\$20		
		F46 Nutritious Mixed Vegetables Soup (serves 4)	\$38	S02 Special Drink: Lemon Pearl Barley (330 ml)	\$12		
		F69 Kamei Chicken Carcass with Coriander Soup (serves 4)	\$69	S06 Special Drink: Hawthorn fruit apple tea (600ml)	\$20		
		F88 Thomson Kudzu, Lablab Bean & Pork Shank Soup (* with fresh meat; serves 4)	\$88	S07 Special Drink: Hawthorn fruit apple tea (330ml)	\$12		
		F98	\$98				
Beef		Set Meal					
B01 Eggplant & Shortribs Hot Pot (Lee Kum Kee sauce; serves 2)	\$69	Q120	\$112				
B03 Stir-fry Beef with Broccoli & Cauliflower (* with fresh meat; serves 2)	\$48	Q121	\$155				
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$52	Q122	\$215				
B08 Stir-fry Beef with Peach (* with fresh meat; serves 2)	\$48						
B09 Fry Shortribs with Garlic	\$69	Noodle					
B11 Stir-fried Beef with assorted	\$48						

For any other cakes, pls. enquire for price.

Peppers & Sweet Peas (* with fresh meat)		K03 Stir-fry Noodles in Shanghainese style (* with fresh meat; serves 2-3)	\$58
B13 Stir-fried Beef cubes with Black Pepper (*with fresh meat)	\$69	K26	\$58
B17 Stir-fry Beef with Sweet Peas & Mango (* with fresh meat; serves 2)	\$54		
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$69		
B24 Shortribs with Peach in Thai style (serves 2)	\$69		
B30 Stir-fried Beef with Celery & Lily (* with fresh meat)	\$50		
B35 Stir-fry shortribs with fresh Mango & Pineapple (serves 2)	\$69		
B43 Spicy Burdock and Beef (Low-sugar Meal) (* with fresh meat; serves 2)	\$42		
B73 Stir-fry Beef with Tomato in Sweet Basil (Thai Style) *	\$48		
B81	\$52		
B82 Dried Tangerine Peel Fresh water chestnuts steamed with fresh local beef	\$52		

Chicken

C04 Stir-fry Chicken with Peach (serves 2)	\$38
C102 Stir-fry Chicken with Green Scallion & Eggplants	\$35
C108 Stir-fried chicken with Chinese Kale	\$35
C112 Stir-fry Kamei chicken with green curry in Thai style	\$75
C123	\$42
C13 Stir-fry Chicken with Cucumber & Black Fungus	\$38
C20 Stir-fried Chicken with Celery, assorted Peppers & Mango	\$44
C26 Stir-fry Chicken with Broccoli & Cauliflower (serves 2)	\$38
C27 Teriyaki Chicken (Lee Kum Kee sauce; serves 2)	\$35
C28 Stir-fried Chicken Wing with Lemongrass & Honey (serves 2)	\$48
C30 Chicken Wings flavoured with Lemongrass & Garlic (serves 2)	\$48
C37 Fried Chicken with Choi Sum	\$38
C48 Deep-fried Chicken, Celery with Mango in Thai style (serves 2)	\$40
C55 Stew Kamei Chicken with Mushroom, Ginger & Onion	\$70
C59 Steam Kamei Chicken with Spice Ginger	\$70
C63 Steam Stuffed Kamei Chicken with Water Lily leaf	\$72
C66 Kamei Chicken & Tofu Pot in Taiwanese style	\$70
C82 Stemed Kamei Chicken with Shrimp paste	\$72
C83 Steam Kamei Chicken with Chinese Cabbage & Sweet Potato Noodles	\$70
C91 Stir-fry Kamei Chicken with Lemongrass & Lemon Juice	\$70
H02 Kamei Chicken (Whole) + Steam Kamei Chicken with Ginger and Spring Onion (Original Price HK\$219)	\$178
H06 Kamei Chicken (Whole) + Steam Kamei Chicken with Mushroom (Original Price HK\$219)	\$178
H09 Kamei Chicken (Whole) + Steam Kamei Chicken with Spring Onion & Ginger (Original Price HK\$208)	\$178

H15 Kamei Chicken (Whole) + \$178
 Stir-fry Kamei Chicken with
 Lemongrass & Lemon Juice
 (Original Price HK\$228)

H17 \$178

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 8 月菜單 & Order Form
 (2012-08-01 - 2012-08-31)

<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: cookeasy@tungwah.org.hk

