

CookEasy 6 月菜單 & Order Form (2012-06-01 - 2012-06-30)

Doub		Seafood		Venetable	
Pork A04 Thai Sweet & Sour Pork	\$52	D02 Sweet & Sour Fish fillet in	\$38	Vegetable E11 Hairy Marrow, Dried Shrimp	\$32
with Fresh Mango (* with fresh meat)	\$32	Thai style (serves 2)		& Bean Vermicelli in Pot (serves 2)	\$32
A05 Steam Meatcake with Mushroom & Dried Squid (* with	\$40	D04 Stir-fried Fish fillet with Celery & Sweet Corn	\$32	E13 Vegetarian Abalone slices with Chinese Lettuce (serves 2)	\$33
fresh meat; serves 2)	650	D08 Pan-fried stuffed Green Pepper, Eggplant & Mushroom	\$38	E15 Vegetarian Stew with Lotus	\$32
A07 Steamed Spareribs with Sour Plums (* with fresh meat)		D09 Braise Pumpkin with Fish fillet Curry (serves 2)	\$32	Root & Snow Peas E20 Stir-fry Mushroom with	\$32
A08 Steam Meat Cake with Duck Egg & Mushroom (* with fresh	\$48	D101	\$69	Black Fungus & Loofah (serves 2)	
meat; serves 2) A102 Zhenjiang Ribs (serves 4)	\$58	D12 Stir-fried Fish fillet with Preserved Black Bean & Pepper (Lee Kum Kee sauce)	\$32	E22 Stir-fry Assorted Vegetables (Low-sugar Meal) (serves 2)	\$32
A12 Meatball with Vegetable in Shanghainese style (* with fresh meat)	\$48	D13 Braise Fish fillet with assorted Mushrooms (serves 2)	\$39	E25 Stewed Vegetarian Chicken with Hairy Marrow & Black Fungus (serves 2)	\$32
A122 Stir Fried Green Soy Beans	\$52	D20 Fish cake with Eggplant (serves 2)	\$32	E36 Braise Assorted Mushrooms	\$42
with Pork Mince A123	\$68	D24 Sole fillet with Loofah & Lilly (serves 2)	\$45	with Broccoli (serves 2) E49 Stir-fry Burdock with	\$38
A128 Fried Mincemeat with Eggplant in Thai Basil *	\$45	D29 Seafood Pot in Portuguese	\$48	Assorted Vegetables (High-fibre Meal; serves 2)	
A131 Pork Sausages	\$38	sauce (Lee Kum Kee sauce) D30 Stir-fried Prawns with	\$48	E52 Stir-fry Burdock with Sesame	\$42
A132 A145	\$35 \$42	Pineapple Curry D36 Stir-fry Shrimp with Water	\$48	E54 Braise Deep-fried Tofu Puff (serves 2)	\$38
A146	\$48	Chestnut & Lotus Root (serves 2)		G02 Carrot (Each catty)	\$13
A15 Steam Meatcake with	\$42	D44 Steam Loofah with	\$38	G03 Onion (Each catty)	\$13
Mushroom & Water Chestnut (*		Whitebait (serves 2)	02.5	G05 Tomato (Each catty)	\$13
with fresh meat; serves 2) A20 Braised Pork Chop with	\$54	D47 Steam Sole fillet with Chilli Starting (Low-sugar Meal; serves 2)	\$35	G10 Baby Chinese Cabbage (Each pack)	\$13
Fresh Pineapple & Apple (* with fresh meat)		D50 Stir-fry Shrimp with Loofah	\$46	G14 Choy Sum (Each catty)	\$18
A24 Pan-fry Meatcake with	\$42	(Low-sugar Meal; serves 2)		G15 Kale (Each catty)	\$18
Pumpkin (* with fresh meat; serves 2)		D63 Stem Sole Fillet With Water Lily Leaf (serves 2)	\$35	G16 Broccoli (Each catty)	\$16
A25 Pan-fried Meat cake with	\$38	D68 Pan-fry Sole Fillet with	\$32	G23 Jade Melon (Each catty) G25 Sweet Corn (Each 2 cobs)	\$13 \$14
Lotus Root (* with fresh meat) A31 Steamed Spareribs with	\$48	Celery & Courgettes (serves 2) D70 Stir-fried Squid with Garlic	\$48	G27 Green Cabbage (Each pc.)	\$12
Shrimp paste (* with fresh meat)	\$42	in XO Sauce (Serves 2)			
A35 Stir-fry Pork slices & Lotus Root with XO sauce (* with fresh		D77 D81 Fried Shrimp Ball with	\$58 \$68	Others S01 Special Drink: Lemon Pearl	\$20
meat; serves 2) A36 Spareribs spiced with dried	\$48	Asparagus in XO Sauce D83 Steam Monkshood Fish in	\$79	Barley (600 ml) S02 Special Drink: Lemon Pearl	\$12
Tangerine peel (* with fresh meat)		Black Bean Sauce * D84 Steamed Yeung's Grey	\$79	Barley (330 ml) S06 Special Drink: Hawthorn	\$20
A42 Stir-fried Pork Jowl meat with Mango in Thai style	\$48	mullet with Thai source. *		fruit apple tea (600ml) S07 Special Drink: Hawthorn	
A56 Ma Po Tofu (* with fresh meat; Lee Kum Kee sauce; serves	\$38	D86 Fillets of Sole with Asparagus Rolls	\$58	fruit apple tea (330ml)	\$12
2) A66 Stir-fry Pork shreds with	\$38	D89 Sweet soybean paste with plum steamed local organic Striped Mullet	\$79	S10 Special Drink: Burdock red date tea (600ml)	\$23
High-fibre Assorted Vegetables (Low-sugar Meal) (* with fresh		D98 Fresh lemon steamed local	\$79	S11 Special Drink: Burdock red date tea (330ml)	\$14
meat; serves 2) A94 Pan-fry Pork Cheek with	\$55	organic Striped Mullet			
Chinese Chive & Fungus in XO sauce (serves 2)		Soup			
Beef		F04 Pumpkin, Chestnut, Corn & Pork Shank Soup (* with fresh meat; serves 4)	\$78		
B04 Stir-fry Beef with Young Ginger & Pineapple (* with fresh	\$48	F08 Pork Shank, Dried Fig & Pear Soup (* with fresh meat;	\$78		
meat; serves 2)		serves 4)	0.70		
B17 Stir-fry Beef with Sweet Peas & Mango (* with fresh meat; serves 2)	\$52	F104 Dum Yum Kung soup F108 Ka Mei Chicken soup with fresh coconut	\$78 \$98		
B19 Shortribs & Pineapple with Honey sauce (serves 2)	\$69	F109	\$88		
B21 Stir-fried Beef with Bitter	\$49	F110	\$78		
Melon (* with fresh meat; Lee Kum Kee sauce)		F111 F17 Seafood, Tomato & Assorted	\$78 \$38		
B24 Shortribs with Peach in Thai style (serves 2)	\$68	Vegetables Soup (serves 4) F18 Pork Shank, Papaya, White	\$68		
B26 Stir-fried Beef with Asparagus & Mango (* with fresh	\$72	Fungus Soup (* with fresh meat; serves 4)	\$00		
meat) B35	\$69	F33 Pork Shank, Lotus Root & Dried Octopus Soup (* with fresh	\$68		
B39	\$69	meat; serves 4)			

Bread, Cake & Pastries P01 Tiramisu (1 1/2 lb) \$185 P02 Tiramisu (1 lb) \$120 P04 New York Cheese Cake (1 \$185 1/2 lb) P07 Black Forest Cake (1 pound) \$108 P11 Mango Cream Cake (1 \$115 pound) P41 Healthy 7-cereal bread (1 lb.) \$20 P43 Banana loaf cake \$18 P50 Fresh Vanilla Cheese Cake (1 \$120

For any other cakes, pls. enquire for price.

B43 Spicy Burdock and Beef (Low-sugar Meal) (* with fresh meat; serves 2)	\$44	F35 Pork slices, Chinese Mustard & Salted Egg Quick Soup (* with fresh meat; serves 4)	\$52		
B57 Stir-fry shortribs with fresh Pineapple & Courgette (serves 2)	\$68	F41 Sugar Cane, Imperatae & Water Chestnut Vegetarian Soup (serves 4)	\$32		
B74 Stringy beef with Chinese Kale * B79 Fresh water chestnuts steamed with fresh local beef *	\$48 \$50	F45 Pork Shank, Sweet & Bitter Apricot Kernels & Apple Soup (* with fresh meat; serves 4)	\$78		
steamed with fresh local beef		F46 Nutritious Mixed Vegetables Soup (serves 4)	\$32		
Chicken	\$40	F49 Seaweed & Winter Melon	\$38		
C04 Stir-fry Chicken with Peach		Soup (serves 4)	0.00		
(serves 2) C112	\$72	F69 Kamei Chicken Carcass with Coriander Soup (serves 4)	\$69		
C112	\$42	F81 Seafood Tofu thick Soup	\$40		
C117	\$40	(serves 4)			
C118	\$72	F83 Ching Po Leung (Chinese Herbs) with Fresh Pork Shank	\$68		
C119	\$75	Soup* (serves 4)			
C121	\$42	F92 Norwegian Salmon Head & Tomato Soup (serves 4)	\$73		
C123	\$42	F98	\$98		
C124	\$44	170	\$70		
C20 Stir-fried Chicken with Celery, assorted Peppers & Mango	\$45	Set Meal Q114	\$109		
227 Teriyaki Chicken (Lee Kum	\$32	Q115	\$160		
Kee sauce; serves 2)		Q116	\$218		
C46 Teriyaki Chicken Wings (Lee Kum Kee sauce; serves 2)	\$44				
C59 Steam Kamei Chicken with	\$72	Noodle	0.50		
Spice Ginger C73 Steamed Kamei chicken with	670	K02 Stir-fry Noodles in Indonesian style (serves 2-3)	\$58		
mushroom & red	\$19	K10 Fettuccine with Mushroom	\$58		
C75 Steam Kamei Chicken with Spring Onion & Ginger	\$72	% Garlic (* with fresh meat)			
C81 Steam Kamei Chicken with Fresh Mushroom & Pumpkin	\$72				
H02 Kamei Chicken (Whole) + Steam Kamei Chicken with Ginger and Spring Onion (Original Price HK\$219)	\$178				
H03 Kamei Chicken (Whole) + Steam Kamei Chicken with Water Lily leaf (Original Price HK\$218)	\$178				

Food manufactured by: Tung Wah Group of Hospitals - CookEasy

H04 Kamei Chicken (Whole) +

+Steamed Kamei Chicken with Dried Lily & Black Fungus (Original Price HK \$208)

Steam Kamei Chicken with Turnip (Original Price HK\$210) H09 Kamei Chicken (whole)

Menu designed by: Towngas Cooking Centre



\$178

\$178

- * 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.



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http://cookeasy.tungwahcsd.org

Terms and Conditions

Delivery charge:

Residential members

Corporate members

Individual customers/members:

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

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

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.:		pls. state	Membership: No Yes pls. state individual member/estate name (for residential members)/corporation name (for corporate members)						
Email address:		Order date:		Delivery	Delivery address:						
			Order: Pl	s. state item no.	., qty. and your	requested delive	ery 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

