

<b>Pork</b>		<b>Seafood</b>		<b>Vegetable</b>		<b>Bread, Cake &amp; Pastries</b>	
A05 Steam Meatcake with Mushroom & Dried Squid (* with fresh meat; serves 2)	\$36	D02 Sweet & Sour Fish fillet in Thai style (serves 2)	\$29	E20 Stir-fry Mushroom with Black Fungus & Loofah (serves 2)	\$25	P01 Tiramisu (1 1/2 lb)	\$135
A09 Steam Stuffed Hairy Marrow (* with fresh meat; serves 2)	\$28	D09 Braise Pumpkin with Fish fillet Curry (serves 2)	\$32	E28 Stir-fry fresh Mushroom with Sweet Peas (serves 2)	\$24	P02 Tiramisu (1/2 lb)	\$75
A24 Pan-fry Meatcake with Pumpkin (* with fresh meat; serves 2)	\$29	D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal; serves 2)	\$28	E45 Loofah with Assorted Mushrooms & Miso in Soup (serves 2)	\$30	P03 New York Cheese Cake (1 1/2 lb)	\$135
A39 Pan-fry stuffed Lotus Root slices (* with fresh meat; serves 2)	\$34	D20 Fish cake with Eggplant (serves 2)	\$29	E46 Deep-fry Lotus Root with Rice cake (serves 2)	\$25	P04 New York Cheese Cake (1/2lb)	\$75
A71 Kin Yin Pig Spareribs with Pomelo & Honey sauce (serves 2)	\$44	D59 Prawns with fresh Tomato sauce (serves 3-4)	\$88	E60 Vegetarian Abalone slices with Chinese Lettuce (serves 3-4)	\$48	P05 Black Forest Cake (1 pound)	\$75
A80 U.S.A. Pork, Blade-sliced (1/2 lb)	\$30	D61 Stew Sea Cucumber with Mushroom & Duck Feet (serves 3-4)	\$88	E61 Lucky Lo Han Vegetarian Dish (serves 3-4)	\$48	P07 Fruit Cream Cake (1 pound)	\$75
A85 Pan-fry stuffed Lotus Root slices (* with fresh meat; serves 3-4)	\$48	<b>Soup</b>		E62 New Year Vegetarian Casserole (serves 3-4)	\$48	P09 Mango Cream Cake (1 pound)	\$95
<b>Beef</b>		F04 Pumpkin, Chestnut, Corn & Pork Shank Soup (* with fresh meat; serves 4)	\$49	G01 Organic Choy Sum (Each half catty)	\$16	P40 Assorted Cookies Gift Box Set (Rectangle shape)	\$48
B04 Stir-fry Beef with Young Ginger & Pineapple (* with fresh meat; serves 2)	\$40	F05 Pork Shank & Carrots Soup (* with fresh meat; serves 4)	\$49	G02 Carrot (Each catty)	\$9	P41 Healthy 7-cereal bread (1 lb.)	\$13
B08 Stir-fry Beef with Peach (* with fresh meat; serves 2)	\$38	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	P42 Sandwich bread (1 lb)	\$7
B35 Stir-fry shortribs with fresh Mango & Pineapple (serves 2)	\$39	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	P43 Banana loaf cake	\$10
B50 Canada Beef, Boneless, Sliced (1/2 lb)	\$40	<b>Set Meal</b>		G05 Tomato (Each catty)	\$9	P44 Cheese Tart (4 pcs.)	\$26
B52 U.S.A. Angus Beef Ribeye Steak (10 oz.)	\$79	Q30 Healthy Set Meal - Stir-fry Chicken shreds with Cucumber, Wood Fungus & Garlic (Low-sugar Meal; Stir-fry Broccoli with Fish fillet (High-fibre Meal); Pumpkin, Chestnut, Corn & Pork Shank Soup * (* with fresh meat; serves 3-4)	\$100	G09 Chinese Lettuce (Each catty)	\$11	For any other cakes, pls. enquire for price.	
B53 U.S.A. Angus Beef Striploin Steak (10 oz.)	\$79	Q31 Easy Set Meal - Steam Meatcake with Mushroom & Dried Squid *; Stir-fry fresh Mushroom with Sweet Peas; Pork Shank & Carrots Soup * (* with fresh meat; serves 3-4)	\$105	G10 Baby Chinese Cabbage (Each pack)	\$9		
<b>Lamb</b>		Q32 Designated Set Meal - Stir-fry Shortribs with fresh Mango & Pineapple; Deep-fry Lotus Root with Rice cake; Pork Shank & Carrots Soup * (* with fresh meat; serves 3-4)	\$110	G16 Broccoli (Each catty)	\$11		
J13 New Zealand Lamb, Sliced (1/2 lb)	\$34	<b>Hot Pot/Barbecue pack</b>		G25 Sweet Corn (Each 2 cobs)	\$9		
J14 Pan-fry New Zealand Lamb Chop (serves 2)	\$49	L01 Fatty Beef, Mixed Hot Pot in Japanese style (Lee Kum Kee soup base; serves 2-3)	\$65	G28 Lettuce (Each pc.)	\$10		
<b>Chicken</b>		L02 Fatty Beef, Chicken in Chinese Wine, Meat balls & Udon Mixed Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$88	<b>Others</b>			
C38 Stir-fry Chicken with Sweet Peas & Mango in Thai style (serves 2)	\$30	L03 Tomato, Vegetarian Hot Pot (Lee Kum Kee soup base; serves 2-3)	\$56	R01 SUNKIST Orange (Each 4 pcs.)	\$20		
C46 Teriyaki Chicken Wings (Lee Kum Kee sauce; serves 2)	\$34	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	R02 FUJI Apple (Each 4 pcs.)	\$20		
C51 Stir-fry Chicken shreds with Cucumber, Wood Fungus & Garlic (Low-sugar Meal; serves 2)	\$25	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	S03 Special Drink: Qi Zi, Chrysanthemum Tea with Honey (330 ml)	\$8		
C61 Steam Kamei Chicken with Water Lily leaf (Half)	\$60						
C68 Steam Kamei Chicken with Chinese Sausage (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						
H07 Kamei Chicken (Whole) + Steam Kamei Chicken with Chinese Sausage (Half) (Original Price HK\$210)	\$150						
<b>Noodle</b>							
		K05 Stir-fry Rice Cake with Pork	\$34				

shreds & Chinese Cabbage in XO sauce (\* with fresh meat; serves 2-3)

K11 Silver Needle Noodle in Hometown style (\* with fresh meat; serves 2-3) \$35

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 02/10 Menu 精選菜式 & Order Form  
(2010-02-01 - 2010-02-28)

<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

