

<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)	\$37	E10 Assorted Mushrooms & Celery Cabbage in Pot	\$26	P01 Tiramisu (1 1/2 lb)	\$155
A08 Steam Meat Cake with Duck Egg & Mushroom (* with fresh meat; serves 2)	\$36	D09 Braise Pumpkin with Fish fillet Curry (serves 2)	\$32	E21 Steam Eggplant with Garlic & Bean Vermicelli (High-fibre Meal) (serves 2)	\$25	P02 Tiramisu (1 lb)	\$115
A102 Zhenjiang Ribs (serves 4)	\$58	D10 Stir-fry Broccoli with Fish fillet (High-fibre Meal; serves 2)	\$34	E23 Stir-fry Snow Peas with Assorted Vegetables	\$24	P04 New York Cheese Cake (1 1/2 lb)	\$155
A108 Pork & Prawn Curd Sheet Rolls (serves 2)	\$45	D23 Sole fillet with Bean Vermicelli & Garlic	\$32	E32 Stir-fried Bitter Melon with Garlic & Black Bean sauce (Lee Kum Kee sauce)	\$24	P07 Black Forest Cake (1 pound)	\$100
A113 U.S.A. Tates with Black Pig Meat (1 lb/4 oz)	\$78	D63 Stem Sole Fillet With Water Lily Leaf (serves 2)	\$34	E34 Assorted Mushrooms, Lily & Chinese Celery in Pot (serves 2)	\$28	P11 Mango Cream Cake (1 pound)	\$120
A12 Meatball with Vegetable in Shanghainese style (* with fresh meat)	\$45	D64 Norwegian Salmon Steak (10oz)	\$38	E35 Stir-fry Loofah with Qi Zi & Bean Vermicelli (serves 2)	\$25	P40 Assorted Cookies Gift Box Set (Rectangle shape)	\$70
A122 Stir Fried Green Soy Beans with Pork Mince	\$46	D80 Stir-fry Shrimp meat with Kamei Eggs & Yellow Chive	\$59	E51 Stir-fry Assorted Mushrooms with Bean Curd Stick and Qi Zi (serves 2)	\$47	P41 Healthy 7-cereal bread (1 lb.)	\$15
A124 Stir-fry Kurobuta Pork with Green House Cucumber	\$60	D81 Fried Shrimp Ball with Asparagus in XO Sauce	\$68	E54 Braise Deep-fried Tofu Puff (serves 2)	\$32	P42 Sandwich bread (1 lb)	\$10
A129 Stir-fried with U.S.A Tates with Black Pig Meat with Kamei Egg	\$48	D82 Steam Luffa with Dried Shrimp in Garlic	\$45	E70	\$38	P43 Banana loaf cake	\$14
A130 Steamed Pork Chop with lotus leaf & dried shrimp	\$48	D83 Steam Monkshood Fish in Black Bean Sauce *	\$79	E76 Vegetarian Abalone slices with Jade Melon	\$34	P44 Cheese Tart (4 pcs.)	\$35
A131 Pork Sausages	\$32	D84 Steamed Yeung's Grey mullet with Thai source. *	\$79	G01 Organic Choy Sum (Each half catty)	\$24	P50 Fresh Vanilla Cheese Cake (1 lb)	\$120
A134 Steamed Meat-cake with lotus & dried shrimp(* with fresh meat; serves 2)	\$46	D89	\$79	G02 Carrot (Each catty)	\$9	For any other cakes, pls. enquire for price.	
A135	\$60	D92	\$69	G03 Onion (Each catty)	\$9		
A138	\$41	D93	\$28	G04 Potato (Each catty)	\$9		
A139	\$58	<b>Soup</b>		G05 Tomato (Each catty)	\$9		
A17 Stewed Spareribs with Bitter Melon in Preserved Black Bean & Garlic sauce (* with fresh meat; Lee Kum Kee sauce)	\$42	F02 Pork, Winter Melon & Seaweed Soup (* with fresh meat; serves 4)	\$45	G06 Cucumber (Each catty)	\$9		
A21 Stir-fried Pork shreds with Cabbage in Peking sauce (* with fresh meat; Lee Kum Kee sauce)	\$30	F03 Beef Thick Soup (* with fresh meat; serves 4)	\$56	G07 Eggplant (Each catty)	\$13		
A39 Pan-fry stuffed Lotus Root slices (* with fresh meat; serves 2)	\$42	F09 Peanut, Black-eyed Peas, Chicken Feet & Pork Shank Soup (* with fresh meat; serves 4)	\$63	G09 Chinese Lettuce (Each catty)	\$13		
A46 Stir-fry Bean Vermicelli with minced Pork (* with fresh meat; Lee Kum Kee sauce)	\$35	F103 Japanese style - Miso soup	\$24	G10 Baby Chinese Cabbage (Each pack)	\$9		
A59 Steamed Meat cake with Preserved Vegetable (* with fresh meat)	\$42	F104 Dum Yum Kung soup	\$69	G12 Chinese Dwarf White Cabbage (Each catty)	\$13		
A63 Steam Meatcake with Whitebait (* with fresh meat, serves 2)	\$35	F105	\$88	G14 Choy Sum (Each catty)	\$13		
A80 U.S.A. Pork, Blade-sliced (1/2 lb)	\$30	F106	\$72	G16 Broccoli (Each catty)	\$13		
A81 Steam Kin Yin Pig Pork Back ribs with Sour Plums* (serves 2)	\$49	F19 Pork slices & Winter Melon Soup (* with fresh meat; serves 4)	\$38	G18 Hairy Marrow (Each catty)	\$13		
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)	\$68	G21 Loofah (Each catty)	\$9		
A98 Steam Sliced Meat with Fungus & QiZi (serves 2)	\$42	F38 Minced Beef, Potato & Tomato Soup (* with fresh meat; serves 4)	\$51	G22 Bitter Melon (Each catty)	\$13		
<b>Beef</b>		F41 Sugar Cane, Imperatae & Water Chestnut Vegetarian Soup (serves 4)	\$29	G23 Jade Melon (Each catty)	\$13		
B05 Steamed Beef with Pickled Mustard (* with fresh meat)	\$44	F46 Nutritious Mixed Vegetables Soup (serves 4)	\$29	G25 Sweet Corn (Each 2 cobs)	\$12		
B09 Fry Shortribs with Garlic	\$64	F69 Kamei Chicken Carcass with Coriander Soup (serves 4)	\$58	G26 Celery (Each pc.)	\$13		
B11 Stir-fried Beef with assorted Peppers & Sweet Peas (* with fresh meat)	\$48	F82	\$68	<b>Others</b>			
B12 Shortribs in Black Pepper sauce (Lee Kum Kee sauce; serves 2)	\$66	F83 Ching Po Leung (Chinese Herbs) with Fresh Pork Shank Soup* (serves 4)	\$69	R12 SUNKIST Lemon (Each 4 pcs)	\$12		
B22 Steam Shortribs with Sa Cha sauce	\$64	F92 Norwegian Salmon Head & Tomato Soup (serves 4)	\$54	R19 Green apple (x3)	\$18		
B23 Beef & Loofah with Soybean sauce (* with fresh meat)	\$43	F98	\$98	S01 Special Drink: Lemon Pearl Barley (600 ml)	\$15		
B30 Stir-fried Beef with Celery &	\$45	<b>Set Meal</b>		S02 Special Drink: Lemon Pearl Barley (330 ml)	\$9		
		Q88	\$100				
		Q89	\$165				
		Q90	\$208				
		<b>Noodle</b>					
		K02 Stir-fry Noodles in Indonesian style (serves 2-3)	\$40				
		K03 Stir-fry Noodles in	\$45				

Lily (* with fresh meat)		Shanghainese style (* with fresh meat; serves 2-3)	
B50 U.S.A. Boneless, Sliced (1/2 lb)	\$66	K11 Silver Needle Noodle in Hometown style (* with fresh meat; serves 2-3)	\$50
B52 U.S.A. Angus Beef Ribeye Steak (10 oz.)	\$88	K27 Stir-fried Black Pig meat with Spaghetti & garlic	\$46
B53 U.S.A. Angus Beef Striploin Steak (10 oz.)	\$88	K28 (Japanese style) Stir-fried beef with Japanese miso source with Udon	\$49
B54 Eggplant & Shortribs Pot (Lee Kum Kee sauce; serves 2) + Free Clay Pot x 1	\$64		
B63 Stir-fry Beef with Cucumber & Garlic (serves 2)	\$40		
B65 Pan-Fry Beef with Courgette and Garlic (with fresh meat, serves 2)	\$40		
B66 Steamed Beef with Dried Lily and Black Fungus (with fresh meat, serves 2)	\$44		
B71	\$68		
B72 Stir-fry Beef with Garlic Heart *	\$44		
B74 Stringy beef with Chinese Kale *	\$44		
B76	\$57		
B77	\$68		
B78	\$42		
B79	\$44		

### Lamb

J05 Rosemary Lamb Chop (serves 2)	\$65
J11 Pan-fry New Zealand Lamb Chop with Side Dishes (U.S.A. Potato Wedge with Spice + Broccoli) (serves 2)	\$74
J13 New Zealand Lamb, Sliced (1/2 lb)	\$45
J14 New Zealand Lamb Chop (10OZ)	\$55
J19 Lamp Chop with Broccoli in Basil & BBQ Sauce	\$60

### Chicken

C04 Stir-fry Chicken with Peach (serves 2)	\$32
C100	\$42
C102 Stir-fry Chicken with Green Scallion & Eggplants	\$36
C105 Dried Chinese Lycium mixed Chicken Meat with Bitter Melon	\$38
C106 Stir-fried chicken wing with garlic & fish source	\$42
C107 Stir-fried chicken steak with garlic-chopped & bean	\$46
C108 Stir-fried chicken with Chinese Kale	\$32
C109	\$30
C111	\$44
C112	\$78
C113	\$36
C32 Stir-fried Chicken with Lily and Sweet Peas (serves 2)	\$39
C35 Stir-fried Chicken with Preserved Vegetable in Garlic sauce	\$30
C40 Stir-fried Chicken with Cucumber & Black Fungus (serves 2)	\$30
C46 Teriyaki Chicken Wings (Lee Kum Kee sauce; serves 2)	\$38
C49 Deep-fried Chicken with Pomelo	\$39
C54 Kamei Chicken with Vegetable Stalk and Stock	\$98
C64	\$69
C69 Fried Chicken Pieces with Red Wine Lees (serves 2)	\$36
C70 Steamed Kamei Chicken	\$69

with Dried Lily & Black Fungus  
# (serves 2)

C73 Steamed Kamei chicken with \$69  
mushroom & red

C75 Steam Kamei Chicken with \$69  
Spring Onion & Ginger

C82 Stemed Kamei Chicken with \$69  
Shrimp paste

C83 Steam Kamei Chicken with \$69  
Chinese Cabbage & Sweet Potato  
Noodles

C84 Steamed Kamei Chicken \$69  
with Dried Lily, Black Fungus &  
Chinese Red Date (serves 2)  
(Body replenishment)

C87 Kamei Egg (6 pieces) \$25

H09 Kamei Chicken (Whole) + \$160  
Steam Kamei Chicken with  
Spring Onion & Ginger (Original  
Price HK\$208)

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 10/11 Menu 精選菜式 & Order Form  
(2011-09-30 - 2011-10-31)

<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](mailto:cookeasy@tungwah.org.hk)

